

INTRODUCTION TO JIN SHIN JYUTSU

Wednesdays, July 7, 14, 21,

1:30 PM—3:00 PM

The mission of The Wellness Community is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs and services are provided free of charge.

Carolyn Kantor presents this 3-part workshop that will instruct participants in a beginning practice of this ancient art. Jin Shin Jyutsu brings balance to the body's energies to promote optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress.

Please **RSVP** by July 6.

the PHILADELPHIA
wellness.
community
AN AFFILIATE of the CANCER SUPPORT COMMUNITY

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