

Real!

Apprenticeship, Workforce Development
& Training



NORTHERN COLLEGE

Learn How to Give a Whole Body Relaxation Massage

With Massage Therapists Chandra Juurlink & Sue-Ann Gibson

*** Please **sign in pairs** so everyone is comfortable with each other! ***
(friend, family member, spouse, etc.)

Learn the techniques to enjoy at-home relaxation massages!

You will learn how to give a basic full body relaxation massage. The session will focus on massaging the back, arms, legs, shoulders and neck.

What you'll need:

- Oils / Lotions
- Comfortable light fitting clothing
- Two or three pillows per pair



Dates: March 22, 2010 (Monday - 1 session)
Time: 6:00 p.m. to 9:00 p.m.
Location: Northern College, Haileybury Campus
640 Latchford Street
Room: C103
Fees: \$40.00 each (G.S.T. included)

Contact Information

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Work hard! Work well! Train constantly!

There will be no refund for cancellations received less than 1 week before a course.