

Real!

Apprenticeship, Workforce Development
& Training



NORTHERN COLLEGE

Learn How to Give a Hands & Feet 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 massage!**

*This session will address everyday stress
and tension and focus on showing you the
basics on how to massage the lower leg,
foot, forearm and hand.*

What you'll need:

- Oils / Lotions
- Comfortable clothing
- One pillow per pair



Dates: January 25, 2010 (Monday - 1 session)
Time: 6:30 p.m. to 8:30 p.m.
Location: Northern College, Haileybury Campus
640 Latchford Street
Room: C103
Fees: \$30.00 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.