

# Real!

Apprenticeship, Workforce Development  
& Training



NORTHERN COLLEGE

## Learn How to Give a Head, Neck & Shoulder 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!

This session will address everyday stress  
and tension and focus on massaging the  
head, neck and shoulders.

You will learn the basics of anatomy and  
posture as well as techniques and  
contradictions about giving a relaxing,  
tension relieving massage.

#### What you'll need:

- Oils / Lotions
- Comfortable clothing (tank top)
- Two pillows per pair



**Dates:** February 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.*