

FREE **First Saturday Wellness Clinic**

Providing Reiki, Healing Touch (HT),
Craniosacral Therapy (CST), Acupressure
and Therapeutic Massage.

These are relaxation techniques that
reduce stress, anxiety and helps to heal our
bodies.

LOCATION: Manchester VA Medical Center
Basement: Physical Therapy (PT) Dept.
DATE: The First Saturday of every Month

9:00am – 11:00 am

No Clinic on July 4th Holiday Weekend

CONTACT: 624-4366 ext. 6491

**No appointment needed, walk in and sign up
to experience your favorite modality.**

All are welcome: Veterans, friends, families and Staff.
Presented by: Trained VA and community providers.
Sponsored by: the Patient Centered Care Committee.