

# **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 4<sup>th</sup> 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.**