

Reflexology 123

Reflexology 123 is a hands-on informative program that teaches methods of reflexology, builds knowledge and practice in meditation and journaling methods for relaxation and rejuvenation. Reflexology for hands and feet, a soothing touch that affects the whole body, promotes overall health and is used as complementary care for people with a variety of conditions.

Program Type [Single](#)

Time 2 hours

Audience Size 30 max

Language English

Audience Adults, Elderly/Disabled

Season All Year

Region Statewide

Program Contact

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