

# \$10 fifty-minute Healing Touch Appointments

offered by volunteers at VITALITY's center in Norwood

**Tuesday, May 23 & Tuesday, June 27**

make an appointment for 5:30, 6:30, or 7:30 pm

by emailing Brian at [vitalitycincinnati@gmail.com](mailto:vitalitycincinnati@gmail.com) or call/text 513.300.5174



## What is Healing Touch?

- started in 1980's by nurses for pain-relief & anxiety-relief
- practiced in Cincinnati hospitals — especially Bethesda North, Good Samaritan, Children's & Shriners Hospitals
- with your permission, trained volunteers will lightly rest their hands on your shoulders, head, arms, knees, ankles or feet
- participants usually experience relaxation and often a reduction in pain & anxiety
- Come take a class at VITALITY sometime! Everyone can practice Healing Touch!
- In addition to Healing Touch, VITALITY has offered donation-based programs at our Norwood center and around Cincinnati since 2010:

***yoga meditation journaling Movement Intelligence yoga-teacher-training***

***3925 Montgomery Rd, Norwood, OH 45212 — next to Domino's Pizza  
vitalitycincinnati.org***