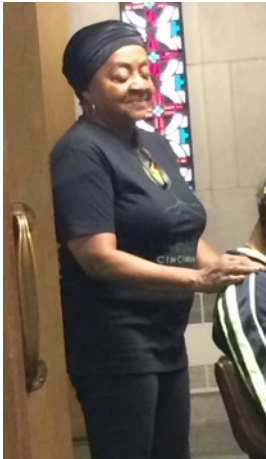




celebrates our

Grads of the Months!

Sept & Oct 2017



vitalitycincinnati.org

VITALITY HEALING TOUCH
INNER JOURNEY MEDITATION
YOGA SELF CARE
 FOR BONES FOR LIFE
 SINCE 2010
 COMMUNITY GARDENING

Sandra Waits (middle picture, left) completed Healing Touch Level 4 and plans to complete Level 5 / Certification.

She graduated from VITALITY's 1st 50-hour Chair Yoga class, just one of her many holistic studies, including a Masters Degree! She says, "I will continue to study the natural healing modalities the rest of my life! It sure does me more good than the people I serve! I don't do the healing...I am only the willing conduit. Healing Touch has been the basis and foundation of all my healing studies. It has benefitted my family too!"

Sandra Waits

&

Peg Conway

who have volunteered offering Healing Touch twice a month at Bond Hill Food Pantry for the past 2.5 years!

(pictured with new volunteers Helen Buswinka & Todd Long)

Peg Conway (middle picture, right) completed Healing Touch Level 2 and plans to take Level 3 this November at VITALITY.

She says, "Healing Touch has been a revelation to me. It resonates strongly with my values of mindfulness and self-care. I had been volunteering at Bond Hill Food Pantry as a shopping assistant for several years already when I began joining Brian and Sandra doing Healing Touch. It has been a wonderful deepening of the relationships with clients. It is a privilege and a blessing to offer Healing Touch!"