



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Relaxation, Stress Reduction and Wellness

REIKI SHARE

A NEW MONTHLY GROUP

3rd Wednesday/month from 10:30am - 12pm

- Receive a Reiki Session
- Learn Additional Approaches to Decrease Stress
- If Reiki trained, practice giving Reiki Sessions to others

FACILITATOR: Marsha R
Drozdoff, ACSW, LCSW, RMT
RMT since August 2005
520-982-6721



***No experience needed!**
Dress comfortably and bring water.

NORTHWEST YMCA
7770 N Shannon Rd