

CO-OP LEARNING

Self-Acupressure



Saturday March 19 2-3:30pm
\$5 (FREE for Owners) - Register in the store
Presented by Whitney Erwin with Four Seasons Harmony

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | friendlycity.coop

An introduction to the profound, gentle healing touch therapy of Acupressure. This class will give you tools to locate acupoints to address concerns such as headaches, immunity boosting, arthritis, and more.

Beverages and supplies provided.

CO-OP LEARNING

Self-Acupressure



Saturday March 19 2-3:30pm
\$5 (FREE for Owners) - Register in the store
Presented by Whitney Erwin with Four Seasons Harmony

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | friendlycity.coop

An introduction to the profound, gentle healing touch therapy of Acupressure. This class will give you tools to locate acupoints to address concerns such as headaches, immunity boosting, arthritis, and more.

Beverages and supplies provided.

CO-OP LEARNING

Self-Acupressure



Saturday March 19 2-3:30pm
\$5 (FREE for Owners) - Register in the store
Presented by Whitney Erwin with Four Seasons Harmony

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | friendlycity.coop

An introduction to the profound, gentle healing touch therapy of Acupressure. This class will give you tools to locate acupoints to address concerns such as headaches, immunity boosting, arthritis, and more.

Beverages and supplies provided.

CO-OP LEARNING

Self-Acupressure



Saturday March 19 2-3:30pm
\$5 (FREE for Owners) - Register in the store
Presented by Whitney Erwin with Four Seasons Harmony

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | friendlycity.coop

An introduction to the profound, gentle healing touch therapy of Acupressure. This class will give you tools to locate acupoints to address concerns such as headaches, immunity boosting, arthritis, and more.

Beverages and supplies provided.