

REGISTRATION:

WWW.HARRISONBURGVA.GOV/PARKS-RECREATION
305 S. Dogwood Dr.
Harrisonburg, VA 22801
Phone: 540.433.9168 Fax: 540.433.9169

**Date: Saturday,
April 16th**

Time: 3-4:30 pm

Stress Relief and Massage Therapy Class



Massage therapy today is increasing exponentially for its proven health benefits such as stress relief, anxiety reduction, relaxation, and pain management. This fun, interactive, and informative class will teach you simple, effective stress relief and massage therapy tools to apply at home and improve your quality of life. Supplies provided.

City Res \$6 / Non Res \$7 Ages 18+

*Class will be held at the Lucy F. Simms Continuing Education Center
620 Simms Avenue, Harrisonburg, VA 22801 (540)437-9213*

