

# FREE REFLEXOLOGY THERAPY

A LOVING AND CARING TOUCH IS A HEALING BALM THAT SOOTHES AWAY THE STRESS OF THE DAY!!

Women's Association for Networking and Development



Empowering women to become agents for their own change



*Reflexology is a massage that involves applying different amounts of pressure to the feet. It's based on a theory that this body part is connected to certain organs and body systems.*

*Increases the efficiency of cells & organs*

*Improves blood circulation*

*Relieves stress and tension*

*It activates the body's self healing processes*



**WAND UK is pleased to invite you to join its new reflexology therapy program starting 01 October 2020. Sign up to secure your space**



For Registration please click here:  
<https://app.upshot.org.uk/signup/be794aa2/>

For more information please call  
**0781 348 5607** or  
email [info@wanduk.org](mailto:info@wanduk.org)

**When:**  
Every first Thursday of the month : 11.00 am- 2.00 pm &  
Every 3th Friday of the month:  
2.00 - 5.00 pm

**Where:**  
The Curve  
10 Bard Road, W10 6TP

**BY APPOINTMENT ONLY**

**"First come, first served."**



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