



HEALTH & WELLNESS PRESENTATIONS



ACUPRESSURE FOR PAIN RELIEF

WEDNESDAY, MAY 12TH 5:30PM

**Learn acupressure
points that alleviate :**

- **Low back pain**
- **Neck & shoulder pain**
- **Headaches**
- **Sciatica**
- **Knee pain**

Welcome back returning lecturer Viola Huang-Beck.
Licensed acupuncturist, M.S. in Traditional Chinese Medicine

CLASS HELD IN YMCA CONFERENCE ROOM

RSVP (SIGN UP) IN OUR MEMBER CENTER
Free for YMCA Facility & Program members