

## Hand Reflexology for Self-help

The course will provide you with an introduction to reflexology, including the history and theories behind how it works.

I will teach some simple hand reflexology techniques for self-help.

Please bring a small towel and some hand cream with you.

### Is there a cost?

No, this activity is free of charge.

### Who is this aimed at?

Men and women, all ages.

### Any special instructions?

Bring a small towel and some hand cream.

### Contact Details

Wellbeing College  
Phone: 01225 831820

### When & where does it start?

Tuesday 18th September	10:30 - 12:00	4 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
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Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email [enquiries@wellbeingcollegebanes.co.uk](mailto:enquiries@wellbeingcollegebanes.co.uk) for more information or to book your place.

[www.wellbeingcollegebanes.co.uk](http://www.wellbeingcollegebanes.co.uk)