“Power of Touch” Workshop

Presented by: Chris Musselwhite

Thursday, September 24th

3:00p.m.-5:00p.m.

(Meet in aerobics room 1)

This workshop will teach you some useful techniques on how to give a massage to a loved one, friend, or relative. It will show you practical ways that you can connect with your partner, friend or relative through the power of the intentional touch and technique.

For more information or to sign-up for a workshop,

please call Valerie Yamaki, Fitness Coordinator (808) 932-7748.