



dovehouse
hospice

caring for people with a life limiting illness

Introduction to Simple Massage

Dates: Monday 20th September 2010

Time: 13:30 - 17:00pm

Fee: £10.00 (*includes refreshments*)

Facilitators: Caty Wood
Complementary Therapies Co-ordinator
Dove House Hospice

Location: Dove House Hospice, Hull

13.00pm	Refreshments / Registration
13.30pm	Event Start
17.00pm	Event Finish



Massage is a natural form of giving and receiving comfort, warmth and communication through human touch.

Learn the basic principles and benefits of gentle and safe head, shoulder and foot massages.

There will be an opportunity to take part in practical sessions.

The afternoon is for anyone with an interest in this area.

Target audience: Anyone with an interest in this area

EoLC Core Competences: 1,5

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or BOOK ONLINE!