

FOR IMMEDIATE RELEASE

**FREE MASSGE FOR THE WHOLE FAMILY, OPEN TO ALL AGES.** The Holistic Self Care Center of Nashua will be providing free massage and energy work on **June 7, 2008 from 3pm to 5pm.** There will be over one dozen therapists on site to work on participants. Learn about the different types of massage. Understand what each type of massage benefits and what it **feels** like, experience and compare one to another such as; Swedish, Deep Tissue, Sports, Neuromuscular, Manual Lymph Drainage, Myofascial Release, Trigger Point, Acupressure, Shiatsu, and Lomi Lomi., Learn about Reflexology, CranioSacral, Reiki, Polarity, Kinesiology, EFT and Integrative work. You will learn about the health benefits and meet the talented people who do this work regularly. We will discuss pre and postnatal massage, infant massage and the issues surrounding clients that are going through major illness, but still are wanting and are in need of healing touch. We will discuss contraindications.

There will be experts on hand to talk about the medical aspects and supply information provided through the World Health Organization and other governing bodies that insure consistent quality and ethical health care practices. We will cover a variety of topics. How to pay? How to get a referral from doctors? Does your insurance carrier cover the benefits of massage? How to use HSAs and FSAa for massage services and how to get your company involved with no cost to them.

This event is open to the public. Any participant under 18 must have signed parental permission. This program is educational only, it is not meant for medical diagnosis, as medical treatment or to take the place of medical care.

We are located at 12 Murphy Drive, Nashua NH. Contact us at [www.hscenter.com](http://www.hscenter.com) for directions or call 603-883-1490.

Contact:

Barb Tremlett  
The Holistic Self Care Center  
12 Murphy Drive, Nashua, NH 03062  
603-883-1490  
[barbt@thehscenter.com](mailto:barbt@thehscenter.com)