



Derbyshire  
Carers  
Association

01773 833 833

info@derbyshirecarers.co.uk  
[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

## Reflexology for Stress Relief

Thursday 7th October @ 7pm

**An online introduction to facial and hand reflexology for stress relief.**

During this informative, fun, and interactive workshop, we will look at some facial and hand reflexology points to help manage and reduce some symptoms of physical and emotional stress. I'll share with you some of the benefits of reflexology and how you can quickly and easily practice reflexology on yourself.

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: [katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)