

ShareCare

A one day workshop for family members and caregivers



*Carrie Fisher
LMT, CST-T*

Learn techniques to help:

- ✓ **Relieve headaches** ✓ **Reduce stress**
- ✓ **Control pain** ✓ **Achieve relaxation**

This one-day workshop is designed to teach you simple, hands-on techniques — plus gives you a better understanding of your body and how to tap into its amazing abilities to self-heal.

Designed by Osteopathic physician John E. Upledger, the developer of CranioSacral Therapy (CST), this class is for those who simply want a natural and effective alternative to eliminating pain.

Led by a clinic therapist, you'll:

- Learn about the craniosacral system and its influence on your overall health
- Discover how to feel the craniosacral rhythm — the process at the very heart of CranioSacral Therapy (CST)
- Learn specific hands-on techniques

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JOIN US:

October 12, 2019

Registration: 8:00am
Class hours: 9:00am-5:00pm

Upledger Institute International
11211 Prosperity Farms Road,
Suite D-223
Palm Beach Gardens, FL 33410

Instructor:
Carrie Fisher, LMT, CST-T

Workshop Tuition:
\$50.00

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