

**Join the RER Department/
Mayor's Fall Into Wellness
Fair & the Kick Off for the
United Way of Miami-Dade
2013 Campaign**

**If you didn't get an
opportunity to experience
the Healing Hands of my
team, well here is another
chance.**

**My team of massage
therapists will be giving chair
massages to raise funds for
our community as well as for
the United Way of Miami-
Dade**

**Offered by:
Healing Hands by Helen, Inc.
Date: Friday, 10/18/13
Time: 10 am to 2 pm
Location: 111 NW 1 Street,
SPCC Govt. Center, Atrium
& West Courtyard**

20 min for \$20.00

**Immediate Benefits of
a Shiatsu Chair
Massage:**

- Decrease tension & stress in neck & back
- Improve circulation
- Headache Relief
- Improving Thinking
- Lower Blood Pressure
- Enhance Flexibility
- Release toxins & detox body

**If you purchase a Chair Massage
today, you can win one of many
gift certificates:**

**60 min Swedish Massage
30 min Foot Reflexology
Paraffin on Hands or
Paraffin on Feet**

**Make sure to fill out your raffle
tickets as winners do not need to
be present to win!**



**Available for purchase:
Sample my new line of
body & foot scrubs as
well as purchase them
for holiday gift giving.**

And

**•Max International
products with
information about the
new Mega-Switch
Weight Loss Program**

20% Of All Proceeds Will Benefit the United Way of Miami-Dade

