



## ALASKA CENTER FOR ACUPUNCTURE

*Presents:*

### **Massage – The Power of Touch - A One-hour class Presented by Pamela Stephen**

**Workshop Title: Health Benefits of Massage**

**Date: Wednesday, May 19<sup>th</sup>**

**Time: 7pm-8pm**

**Cost: FREE**

**Location: Alaska Center for Acupuncture**

Ever wonder why one person's touch can make you feel good? A pat on the shoulder for a job well done, a firm handshake for congratulations or a hug to improve your mood, all of these have one thing in common – positive touch. We all need to be touched in a positive way to obtain and maintain optimal health. Join us to hear Pamela Stephen discuss how massage is positive touch and why you need it. Learn how massage can be a part of your personal plan to reach and maintain optimal well-being.

**In this workshop, we will discuss:**

- The benefits of Massage
- Types of massage and their primary benefits
- Specific conditions that may be relieved by massage
- Why positive touch is so important
- How touch affects the whole body

**Please pre-register by calling Alaska Center for Acupuncture at 745-8688. Space is limited, so call early!**

**About the presenter:** Pamela J. Stephen is the owner of Healing Path Therapeutic Massage located on Lazy Mountain near Palmer. She also offers massage in the Downtown Palmer Plaza for “Massage in the Mall” once a week. She is also available to provide on-site chair massage at your business or event. Look for her at Colony Days and at the Alaska State Fair. You may reach her at 715-8748 or [pamshealingmassage@massagetherapy.com](mailto:pamshealingmassage@massagetherapy.com)

For more information, about this and other upcoming events, visit  
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