

Reflexology for Feet and Hands

*With Mary Chapman, Certified Hand & Foot
Reflexologist*



**Upcoming Dates: February 26th,
March 25, 2024
30 minute Appointments**

Cost: \$30.00

**Cash or check payment* Please make checks payable to, Mary Chapman*

**Where: The Conference Room at Jamestown Town Hall (93
Narragansett Ave)**

Time: Appointments will be scheduled between 12:30-3:30 PM

Sign Up: Call Molly at 402 423-9804 for appointment

Reflexology is an integrative health practice which maps a reflection of the body predominantly on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways, assisting the body to function optimally. The theory is that Reflexology eases stress, and that helps your to