

Free Seminar

Learn about our

Biofeedback-Massage Combination!

**Wednesday July 22, 6:30 to 7:30 pm
Lotus Massage and Wellness Center
2850 E. Grant Rd (Grant/Country Club)**

**Ann Baldwin, PhD, Physiologist
Laura Key, MS, Licensed Massage Therapist**

Biofeedback is a way to visualize your heart rate and learn how to control it. Using special sensors you can alter your breathing and emotions to bring your heart and brain back into harmonic balance.

- ❖ **Learn how massage affects your mind, body and brain**
- ❖ **Learn how you can use biofeedback to sustain those beneficial effects between massages**
- ❖ **Sign up for Biofeedback-Massage Combination at special reduced price**

**To register, contact: Ann Baldwin
520-795-4048 abaldwin@mind-body-science.com**