



**Oct. 3rd & 4th, 2009**

**Valerie Voner**

presents

**Reflexology Theory and Practice With  
Weight Management Issues**

*Sponsored by  
Maine Council of  
Reflexologists*

"As professional whole health practitioners and educators we are offering much more than a "magic button." Rather, we are offering lifestyle skills and strategies to assist our clients on their journey of whole life wellness. This reflexology protocol has been developed over 30 years of practice as well as after teaching and certifying over 500 professional reflexologists." - Val Voner

**In-depth discussion of weight issues that come up for our clients & ourselves.**

**Exploration of some presenting problems**

- Nutritional deficiencies
- Endocrine imbalance
- Emotional unease
- Explanation of reflexology protocol to use as a support in the healing process
- Focus on hands-on practice

*The goal of this workshop is to deepen and enhance our personal and professional understanding of the use of reflexology in a weight management program.*

**Time: 8:30 Registration on the 3rd**, then instruction **9 - 5** with one hour for lunch and two mid-breaks on Sat. and Sun.

**Cost:\$275 for MCR members who pay by June 30.**

**\$300 for non-MCR members or MCR folks paying after June 30th .**

**You may cancel before Sept 1st but \$50 will be non-refundable.**

Directions and confirmation will be sent out when we receive your registration We look forward to seeing you here!

**Location:So. Portland Howard Johnson's Hotel. Their rate is \$95 per night plus tax, be sure to mention this conference! 1-207-775-5353.**

PLEASE SEND THE CHECK AND THE FORM BELOW TO; MCR, P.O. BOX 5583, AUGUSTA, ME., 04332

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

Enclosed is \$\_\_\_\_\_ (check made out to MCR, noted that it is for this training) THANK YOU! Any questions, call or email Sylvia Young—207-443-3733 sey@gwi.net

Val Voner website: [www.walkinbalance.com/](http://www.walkinbalance.com/)