

Franciscan Village Hosts "Hand Reflexology" Presentation

Franciscan Village in Lemont, part of the Franciscan Communities, is hosting "Hand Reflexology" on Wednesday, November 14, from 1:00 pm-2:30 pm, featuring guest speaker Joy Lucinda, a geriatric professional who helps seniors find joy in the midst of change.

In your hand, there are points that decrease aches, pains and discomfort while balancing out stress, worry and frustration. You will learn simple strategies to help you transform your own body and mind through easy to follow hand reflexology protocols. It's time to take charges of your own wellness!

Seating is limited and light refreshments will be served, so please RSVP by November 9 to 630-243-3479.

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