

TOWN OF NEWMARKET'S EMPLOYEE WORKPLACE WELLNESS PROGRAM PRESENTS:

# THE WELLNESS PUZZLE

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BUILD OPTIMAL HEALTH THROUGH  OF MIND

## Reflexology Wednesdays

Linda Googh a certified reflexology instructor will be at 395 Mulock in the Old Payroll office the first Wednesday of the Month from September 7<sup>th</sup> to December 7<sup>th</sup>. Linda is a certified reflexology instructor/ Hands, Feet, Ears and a member of the Reflexology Association of Canada. Payment to Linda can be made by cash or cheque.

*For more information call 905-727-8605  
or [linda@lindagoogh.com](mailto:linda@lindagoogh.com)  
or go to her website [www.lgreflexology.com](http://www.lgreflexology.com)*



**Wellness Wednesdays** Wellness takes many different forms, such as nutrition health and physical well-being, psychological or emotional well-being, and financial well-being. **Reflexology** is part of our Wellness Wednesday's programs!

### TO REGISTER:

**To schedule an appointment with Linda, please call 905-727-8605. You can schedule a 15 minute or a 30 minute session.**

Some people tap their feet, some people snap their fingers, and some people sway back and forth. I just sorta do 'em all together, I guess. (Quote by - Elvis Presley)