



Virtual Reiki Session

Are you experiencing tension, fatigue, or inflammation? It could be the result of energy blockages. Experience reiki from our expert Reiki Master, and learn how this practice can help energy flow freely in the body.

Eligible members participating in NJWELL earn 25 points for attending the webinar. Just report your attendance in the Physically Fit category.

Please talk to your doctor before beginning an exercise program.

Virtual Reiki Session

Friday, April 14

1 p.m. - 2 p.m.

[Register Now](#)

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

