



# Virtual Reiki Session

We all have energy blockages in the body. This session, led by Micheline DeBono, Yoga Instructor and Reiki Master, will teach you how to open these blockages and let energy flow freely.

Please talk to your doctor before beginning an exercise program.

**Virtual Reiki Session**  
**Tuesday, September 24**  
**1 p.m. - 2 p.m.**

**Register Now**

Space is limited.

**Questions?**

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

