



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REJUVENATE SPIRIT, MIND & BODY



MASSAGE & ENERGY CENTER AT THE GLENWOOD PARK YMCA NOW ACCEPTING APPOINTMENTS

Welcome to the Glenwood Park YMCA Massage & Energy Center, an extension of programs offered through the Holistic Center.

The YMCA of Greater Erie has led community-based health and well-being programs for more than 150 years. The triangle in our logo is a symbol of a person's essential unity—spirit, mind and body. And it is with a steadfast commitment to our holistic approach to health and well-being that we add natural healing therapeutic services to our menu of community programs. Our intention at the Natural Healing Therapeutic Center is to provide a holistic approach to utilizing various modalities and techniques to facilitate relief and lasting change for spirit, mind and body. Among our offerings:

- Swedish Massage
- Therapeutic Massage
- Prenatal Massage
- Reiki

Y members and non-members are welcome. Schedule an appointment by calling 882-5034.

Present this flyer for \$10 off your first appointment.

Glenwood Park YMCA. 3727 Cherry Street. 868-0868. www.ymcaerie.org.