

Empower the Warrior Within **A Complimentary Workshop for Veterans**

Can't sleep? Can't concentrate? Are you in constant pain?

Join us to learn and experience practical tools to help balance your life. You will be exposed to the extraordinary healing gifts of Emotional Freedom Techniques through **EFT Tapping** and the relaxing, stress and pain relief of **Reiki hands-on-healing**. This will be the first in our series of complimentary sessions to traditional care offered to you in the near future.

When: Saturday, January 4, 2014 from 1:00 to 4:00 p.m.

**Where: Sheltering Arms Senior Service 1st floor
3838 Aberdeen Way, Houston, TX 77025**

www.shelteringarms.org

Cost: Free

Helen Racz will be leading the Emotional Freedom Technique (EFT) through group tapping. www.HelenRacz.com

Nicole Newsom will be introducing Reiki hand-on-healing, then she and her students from Spirit Sense will be sharing energy work. www.SpiritSenseLLC.com

Come and have an experience in feeling better

Reserve your seat now. Call 713 444-7868 or e-mail:
nancyfdavidson@gmail.com.



expedition balance

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Frequently Asked Questions

Q: How much does it cost?

A: It is free.

Q: Are you going to try to sell me something?

A: No.

Q: Can I bring family/ friends?

A: This workshop is for VETERANS ONLY. We hope to sponsor family events in the near future. But please feel free to invite other Veterans.

Q: Can children come?

A: This event is for VETERANS ONLY.

Q: Do I need to wear special clothes?

A: No, please dress comfortably.

Q: Do I need to bring anything?

A: No, just a willingness to participate. Bringing a bottle of water is encouraged.

Q: Can I participate if I have limited mobility?

A: Yes, everything will be done in a seated position.

Q: Do I have to have a reservation?

A: It helps us to plan if you make a reservation. But it is not necessary.

For reservations and questions: nancyfdavidson@gmail.com or call 713-444-7868.

For more FAQ click on the following link: <http://spiritsensellc.com/empower-the-warrior-within/>

Please check out the following websites for additional information on EFT and Reiki
<http://eftmastersworldwide.com/the-veterans-retreat/>
<http://www.militarymentalhealth.org/blog2013/03/healing-hands-reiki-and-military>
<http://www.operation-emotionalfreedom.com/>



Sheltering Arms Senior Services

3838 Aberdeen Way, Houston, Texas 77025

Corporate Office
Main 713-956-1888
Fax 713-956-2079

Day Center Central
Main 713-667-2840
Fax 713-558-6322

www.shelteringarms.org

Directions to Sheltering Arms Senior Services Corporate Office & Adult Day Center
3838 Aberdeen Way at Stella Link • Houston, Texas 77025

Four ways to Sheltering Arms:

From the (*Galleria*) Northwest or Southwest

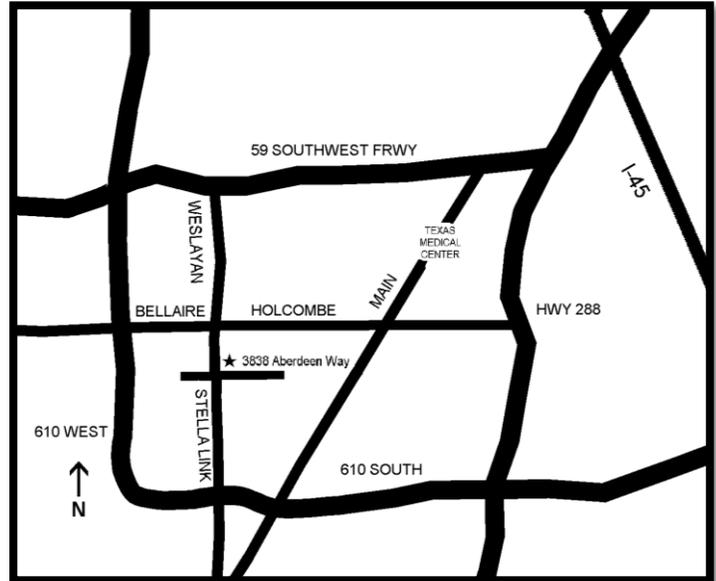
- Take 610 Loop to Bellaire Blvd.
- Go east on Bellaire to Stella Link (about 1.5 miles).
- Turn right onto Stella Link. Go about 0.5 mile to Aberdeen Way.
- Turn left onto Aberdeen Way, Sheltering Arms will be on the left-hand side. (3 stories tall)

From the Northeast or Downtown

- Take 59 South to Wesleyan.
- Turn left on Wesleyan (becomes Stella Link).
- Just before Bellaire there is a Y intersection; bear to the left.
- Follow Stella Link across Bellaire and go about 0.5 mile.
- Turn left onto Aberdeen Way, Sheltering Arms will be on the left-hand side.

From the (*Reliant Stadium/Astrodome*) South

- Take 610 West to Stella Link exit.
- Turn right on Stella Link.
Pass S. Braeswood and N. Braeswood
- Go about 4 blocks.
- Turn right onto Aberdeen Way, Sheltering Arms will be on the left-hand side.



From the Medical Center

- Take Main south to Holcombe.
- Turn right onto Holcombe (becomes Bellaire Blvd.)
Go about 1.5 miles.
- Turn left onto Stella Link. Go about 0.5 mile to Aberdeen Way.
- Turn left onto Aberdeen Way, Sheltering Arms will be on the left-hand side.

Please do not park in the (uncovered) City of Houston Library parking lot; your auto may be towed at your expense. Bring your license tag number to the reception desk.

