

Outreach - Walk to End Alzheimer's Sept 9th



What a Beautiful, Fun day!! SDRC Participants gave Reiki to 84 people.

Thank you everyone...

*Joan Boccio, David Fox, Bella Fiore,
Louise Lucas, Marlene Young,
Allison Brilmeyer, Karen Shlemmer and
Kim Vu.*



REIKI BENEFITS



Reiki is a system of healing based on ancient wisdom.

- CAN BE USED BY ANYONE WITHOUT SIDE EFFECTS
- ACCELERATES THE HEALING PROCESS OF INJURIES AND THE PROCESS OF SURGERY
- MINIMIZES EMOTIONAL STRESS, DEPRESSION, ANXIETY AND INSOMNIA
- EASES THE PAIN OF CHRONIC DISEASES
- COMPLIMENTS AND INCREASES THE BENEFITS OF WESTERN AND EASTERN STANDARD AND ALTERNATIVE REMEDIES
- DRAMATICALLY DECREASES STRESS AND MAINTAINS HIGH LEVELS OF ENERGY
- ENHANCES MENTAL, PHYSICAL AND EMOTIONAL WELL-BEING

Testimonial

When recovering from breast cancer, I felt the most benefit after receiving a Reiki session. A 30 minute session enabled me to feel better for the rest of the day. It was often an hour or so after the session that I realized how much better I felt!!

After surgery and treatments, medication did little to relieve pain and restore energy, but the Reiki session helped me. . . Vicki Castillo

