

Alternative health classes set at WPCC

Two of the top three forms of alternative health will be addressed at WPCC this summer.

The United States has seen the growth of alternative health modalities in the last several years.

Forty percent of all Americans have used some form of alternative health in the past year and the number continues to grow.

The top three forms of alternative health are Relaxation Therapies, Massage Therapy, and Chiropractic. Western Piedmont will offer classes on Relaxation, Massage Therapy, and Reflexology this summer.

- **Relaxation 101 - Short circuiting Your Stress** in this class you will learn effective coping skills to help you in dealing with daily stressors as well as those you can teach others. This is a fun and interactive class!

- **Therapeutic Massage Techniques I** is a three hour long session in which participants will learn basic massage techniques to relieve everyday stress and tension. Massage techniques will focus on the head, neck, shoulders, and back. Each participant will receive massage during the class! There are two dates to choose from for this class: June 23 at 6:00-9:30 p.m. or June 25 at 9:00 a.m.-12:30 p.m.

There will then be a follow up class for those wanting to learn even more about massage. **Therapeutic Massage Techniques II** - in this class participants will learn even more therapeutic massage therapy techniques.

This class will go into even more detail and teach a more in-depth sequence for helping those with tired achy muscles. Classes will be held on: July 28 at 6:00-9:30 p.m. or July 30 at 9:00 a.m.-12:30 p.m.

Last but not least WPCC will be offering a class entitled **Reflexology: The Basics**. In this session participants will learn the basics of Reflexology. Reflexology is used to help provide relief of many common ailments. A reflexology session will be practiced and received by all participants.

No partner is required for any of the sessions. All participants should dress comfortably and bring a pillow. Pre-registration is required and class size is limited.

The instructor for all the above classes is Jaime A. Huffman, CMT. Huffman is an Educator and Practitioner who speaks throughout North Carolina. She currently owns In Touch Consulting, a holistically oriented consulting and massage therapy practice.

She has taught Stress Manage-



Jaime Huffman

ment and related topics for over eight years. To schedule an individual session with Huffman you may call her at 433-8402.

Teacher renewal credits will be given for Relaxation 101. All classes are open to the public. To register for any of the workshops listed or for more information contact The Continuing Education Division of Western Piedmont Community College 438-6104.