



alzheimer's  association®

Reiki

Healing Touch for Caregivers

Reiki is a natural Japanese healing method for stress reduction and relaxation. As a caregiver for an individual with Alzheimer's or dementia it is important that you maintain your own health and wellness and find ways to successfully manage and reduce stress.

Reiki sessions are administered by a trained Reiki practitioner by gently laying their hands on energy points on your body in a calm and soothing environment.

Reiki treats the whole person and has many benefits including:

- Relaxation
- Stress reduction
- Strengthened immune system
- Increased energy

We will be providing FREE 30 minute Reiki sessions monthly at our Chapter Office: 6632 Convoy Court, San Diego, CA 92111

For more information and to schedule your session, please contact Jessica Empeno: 858.966.3305 or jempeno@alz.org

Relaxation • Health & Wellness
Serenity • Peace of Mind

