

John A. Schafer, MD
**Multiple Sclerosis
Achievement Center**



THERAPEUTIC TOUCH

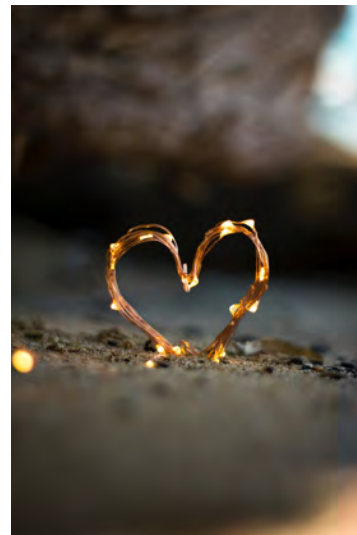
This virtual presentation with **Nurturing Touch Massage** will include educational material for couples on the benefits of gentle touch and how this technique may be used for centering, connecting and healing within their relationship.

There will be a demonstration of neuromuscular massage which is a combination of deep tissue and trigger point therapy, a softer approach to pain relief without the added pain.

Monday, November 4, 2024

11:00am - 12:00pm PST

 *Nurturing Touch*



Registration is required.

This session is part of the *Relationships & MS* series provided by the MSAC and will not be recorded.

Please register by October 28th

To register, contact: 916.453.7966 or
Lacey.Sayre@commonspirit.org