



# REFLEXOLOGY

Wednesday and Friday

- A form of foot and hand massage that targets reflex points which corresponds with the body's glands and organs
- A technique used to reduce stress and tension and improve overall wellbeing through its relaxing effects
- 2 x free sessions are available for cancer patients
- Bookings essential, please contact the Cancer Wellness Coordinator to book.

**LOCATION:** Gobbé Wellness Centre at Bendigo Health.  
Parking available along Hope Street.

**CONTACT:** Cancer Wellness Coordinator on 5454 7140 or via email: [cancerwellness@bendigohealth.org.au](mailto:cancerwellness@bendigohealth.org.au)

Made possible by donations made to the Bendigo Health  
Cancer Wellness Program:  
[www.bendigohealth.org.au/cancerwellness](http://www.bendigohealth.org.au/cancerwellness)



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