

## **CAN REIKI HELP ME?**

*Do you have a medical condition and want to feel better while supporting your health care?  
Would you like to feel more engaged, more in control of your life and your health?  
Do you sometimes feel isolated, hopeless to address the challenges of your life?  
Do you want to develop your inner spiritual connection, on your own terms?*

## **WHAT IS REIKI?**

*Reiki is a spiritual healing practice from Japan. It is utilized for relaxation and stress reduction promoting balance on all levels; mental, emotional, physical and spiritual. It is administered through light touch or no touch at all. It is easy to learn and apply and always is complimentary with any other practice, healthcare or wellness program. Reiki is known to invoke the parasympathetic response in individuals and this brings the person closer to balance and harmony in the body.*

The Coalition of Caring would like to extend their appreciation to the below listed Reiki practitioners who each year volunteer their time to provide caregivers with reiki throughout the day of the conference.

If you want to enjoy Reiki after the conference, please click on any of the below listed links for additional information.

## **2016 Reiki Practitioners**

### **Joyce Ackerman**

**Beth Crawford**, Southern New Hampshire Reiki Center, <http://bethcrawford.com/>

### **Monica Cyr**

**Angela Wilkinson Pare**, Southern New Hampshire Reiki Center,  
<http://bethcrawford.com/>

**Holly Sutherland**, Today's New Dawn, LLC, <http://www.todaysnewdawn.com/>  
Holly is a Reiki Master/Teacher as well as a Hypnotist. She is the owner of Today's New Dawn LLC. Her goal is to help her clients find balance physically, mentally and emotionally as well find and reach their goals.