

drop-in

1:00 pm - 3:00 pm

Thursdays

Orca Dragon Healing Arts  
Gordon Hawkins  
Certified practitioner

# CHAIR MASSAGE

Chair Massage is preformed while the patient seated up-right in a massage chair, fully clothed, and without the use of massage oil. Chair Massage focuses on the back, neck, shoulders, arms, and hands and can alleviate muscle tension, encourage deeper breathing, and reduce stress

Drop-in for a free 15 minute Chair Massage  
Every Wednesday in July and August from 9:00 to 11:30am

755 Pandora

250-383-0076  
dcc@coolaid.org

Downtown  
Community  
Centre