



# ***Do you need a time out?***

**You're taking care of a PALS...  
let me take care of **YOU****



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My mission at Red Bird is to support people managing chronic conditions and their caregivers. I want to help you feel better in your body by providing a space where you can slow down, escape the stresses of everyday life, and listen to what your body needs. With training in neuromuscular therapy/myofascial release, manual lymphatic drainage (MLD), and Sharon Wheeler's ScarWork®, I will work with you to develop a session tailored to your unique needs.

**CALS receive 25% off**



## ***Revitalize, Rejuvenate & Restore***

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