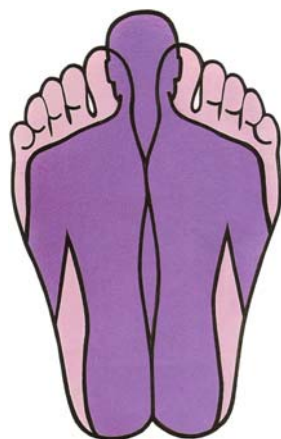


What is Reflexology?

Reflexology is a specific touch technique of applying pressure with the thumbs and fingers to reflex points on the feet and hands.

What can Reflexology do for you?

This complementary modality creates a physiological change, by improving circulation and reducing body stress.



The foot is a map of the body.

A Footnote from MCR

We're all searching for ways of staying well— not just getting better. We believe holistic health care can involve many modalities such as good nutrition, exercise, spinal alignments, massage and reflexology.

Reflexology does not claim to be a “cure” but our clients have experienced relief of symptoms for many common disorders.

Following are comments from some of these clients.

“Reflexology helps reduce my body stress and the pain in my shoulder!”
A.G., Corporate Manager

“ I received my 1/2 hour session...as a gift at my workplace. As a nurse for the past 38 years, I have spent a lot of time on my feet...I actually felt as if I had new feet and continued to feel that way for several days along with feeling very relaxed and sleeping very well.”
E. D., Registered Nurse

**Maine Council of
Reflexologists
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Reflexology

*Promoting Health, Balance
and Wellness for
Today's World*

Established in 1991

2008

Spring Edition

www.reflexologyofmaine.org

The Maine Council of Reflexologists

is a non-profit organization bringing awareness to the public about this complimentary modality of nurturing your feet and hands to better your health.

MCR:

- ◆ Promotes public awareness of reflexology.
- ◆ Provides a forum for the sharing of information through speaking engagements to community groups.
- ◆ Maintains a strong voice for the reflexology profession in the state of Maine.
- ◆ Provides networking throughout the state, country and world.
- ◆ Holds general membership meetings 3 times annually.
- ◆ Provides ARCB (American Reflexology Certification Board) approved continuing education for our members and associates through workshops and lectures.

We are members of the
Reflexology Association of America and the
International Council of Reflexologists

MCR Officers

President: Wendy Decker, Bath

Vice President: Susan Miller, Rockland

Recording Secretary: Sylvia Young, Bath

Treasurer: June Atherton, Blue Hill

Program Chair: Sylvia Young, Bath

Corresponding Secretary: Colleen Ouellette,
Augusta

www.reflexologyofmaine.org

Why not help balance your health through an appointment with a Certified Reflexologist from your local area?

Region I—Southern Maine:

Gorham - Kenneth Hatch	892-1670
Kennebunk - Rachel Pelletier	985-6585
Moody - Jennie Lord	646-5555
Portland -Linda Chadbourne	939-6656
Portland - Susan Lindsay	879-0817
S. Portland - Lynn Marie Danforth	767-5776
S. Portland - Robert Marchand	767-4919
Saco - Barbara Cushman	294-7343 *
Waterboro - Kate Winant	229-7276

Region II—Western Maine:

Auburn - Margery Hatch	784-0880
Jay - Alison Gingras	242-1450 *
Lewiston - Joannie Rossignol	782-1807
Rangley - Donna Allen	670-5304
Sabattus - Kathy Long	375-8487

Region III—Midcoast Maine:

Alna - Janet Stetser	586-6751 *
Bath - Wendy Decker	443-2572 *
Bath -Paul Monroe	729-6629
Bath - Sylvia Young	443-3733 *
Belfast - Linda Best	322-3773
Belfast - Elisabeth Wolfe	338-4783
Boothbay Harbor - Alina Blakesley	633-1125 *
Brunswick -Cheryl Farley	729-2977
Camden -Lisa Edwards	236-4719
Camden - Ramona Miller	236-0986
Camden - Nancy Nutt	236-3481
Damariscotta - Amelia Hurlburt	563-5648
Freedom - Helen Libby	382-3110
Harpwell - Evangeline Sparks	833-6295
Jefferson - Aloisia Pollock	549-3077 *
Lincoln - Jim Morrill	409-6404
Lincolntonville -Bonnie Mowery-Oldham	763-4452
Rockland - Susan Miller	596-6317 *
Rockland -Susan Robinson	594-5328
Waldoboro -Susan Russo	832-8147
Washington - Chrissy Ravelli-Studer	845-2352
Washington - Karen Boynton	845-2702

Region IV—Central Maine:

Augusta - Myra Achorn	623-4552 *
Augusta - Emily Cyr	592-3159
Augusta - Colleen Ouellette	622-0667
Bangor - Norma Wieman	356-8912
Canaan -Doreen Goucher	474-9268
China - Rosalie Batteese	968-2151
Clinton -Rita Jones	426-9459
Gardiner -Susan Moulton	588-0557
Gardiner - Michelle Ponziani	582-8074
Mt. Vernon - Juliet Taubner	685-9990
Orrington -Sonia Robertson	469-0745
Sidney - Donna-Mae Bean	547-3894
Vassalboro - Lisa Robbins	923-3206
Waterville - Debra Rich	877-0911
West Gardiner - Charlene Peasley	582-5656
Winslow - Ruth Lessard	872-5548
Winthrop - Connie Hubley	377-3338 *
Winthrop - Courtney Norton	446-0209

Region V—Downeast Maine:

Blue Hill - June Atherton	374-5117
Blue Hill - Judith Gulliver	374-5552
Deer Isle -Maureen Farr	348-5602
Ellsworth - Michael MacDonald	667-4831
Milbridge - Terrie West	546-7612
Steuben - Sarah Brandon	546-2998
Sullivan -Mary Calder	422-3573

* Denotes a member who is nationally certified through
the American Reflexology Certification Board

JOIN US!

Send your \$40 check to our MCR
address. Include your name address,
phone number and e-mail address.