

WRHA Staff Appreciation and Recognition (StAR) Employee Discount Program

The StAR Team continues to increase the variety of discounts being offered to healthcare employees working for the Winnipeg Regional Health Authority and its partner facilities, programs and agencies.

TO RECEIVE THE DISCOUNT LISTED, PRESENT YOUR WORK PHOTO ID BADGE OR PAYSTUB AT TIME OF PURCHASE (unless otherwise noted). If you encounter any difficulties please contact the WRHA StAR Team at 926-7002. WRHA is not responsible for any services or products offered through the WRHA StAR Employee Discount Program and makes no representations thereto.

Marie-Claire's Reflexology; Registered Canadian Reflexology Therapist
Thérapeute certifiée de réflexologie au Canada located at 1B-155 Provencher Blvd is offering \$5.00 off Reflexology, Reiki or Therapeutic Touch treatment till August 22, 2009.

Par rendez-vous seulement/By appointment only - Call or text 233-2094.

Reflexology is a natural, healing art, based on the principal that there are reflexes in the feet, hands and ears, which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes, Reflexology promotes good health, relaxation and restores balance to the body.

Reiki is the transmission of the universal live force (energy) by touch. It is a simple, gentle, hands-on natural healing treatment.

Therapeutic Touch is a consciously directed process of energy exchange during which the practitioner uses the hands as a focus for facilitating healing.

Reiki and Therapeutic Touch are administered with the intent of helping people change their energy in the direction of health and to facilitate the body's natural restorative processes. They are a non-invasive therapy used to elicit the relaxation response, reduce pain, accelerate the healing process and decrease response to stress. Reiki and Therapeutic Touch can complement any medical or psychological care you may be receiving.

Regular cost is: \$30.00 for 30 minutes, \$45.00 for 45 minutes to 1 hour (WRHA staff will receive a \$5 discount upon presentation of WRHA identification).

Gift certificates available

Member of the Reflexology Association of Canada*