

## Reflexology Coverage For Teachers

Have Health

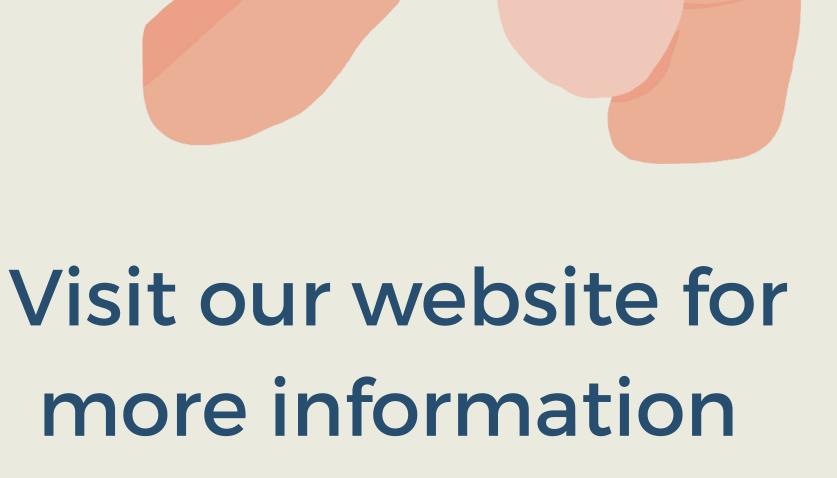
Care

Benefits?

Add Reflexology

Why Does
Reflexology
Matter?

- Reduces stress and improves relaxation
- Releases tension and decreases pain
  - Improves circulation and supports the body's balance



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