

Upcoming March Events

3/2 Meet the Acupuncturist Tea Time

See article below for details

3/10 Daylight Savings

Don't forget to turn the clocks forward

3/16 Macrame Hanging Workshop

3/18 Health Partner Meet & Greet

We are networking with health providers in the Triangle area, providing a more comprehensive approach to your well being. Share our event with your provider and stop by any time 8-11am and 5p-8p.

3/23 Macrame Hanging Workshop

3/23 Ayurveda & Chinese Plant Medicine

3/31 Easter



HELPING HANDS
Spring 2024



Acupuncture with Sally Raspberry

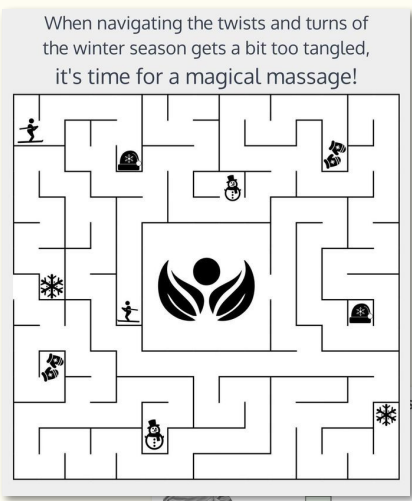
As you may have heard, Sally is taking the next step in her journey and we couldn't be happier for her! Sally has

added **Thursday** sessions to her schedule in addition to her **Sunday** sessions. Check out Sally's posts on the Hands on Health Facebook page to stay connected with updates, tips, and upcoming events such as these two: **Saturday March 2nd** 4pm-6pm Meet the Acupuncture Tea Time with rejuvenating herbal tea, free mini treatment, and pulse/tongue/facial diagnoses. **Saturday March 23rd** 4pm-6pm Ayurveda & Chinese plant Medicine: How to balance your life based on your specific dosha. Featuring a free delicious home cooked dish to harmonize all dosha types and free dosha diagnosis and FAQ.

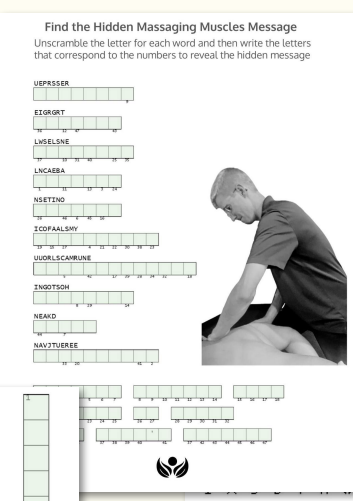
Macrame involves the meditative repetitive use of foundational knots. Join us one afternoon **March 16th or 23rd 1pm-3pm** and be amazed at what you created! It's the perfect size to hold an egg for Easter, a succulent or an air plant (available for purchase). The instructor Colette will guide you through the macrame process. \$35 2hr class, pay in advance by calling the office 919-854-9555



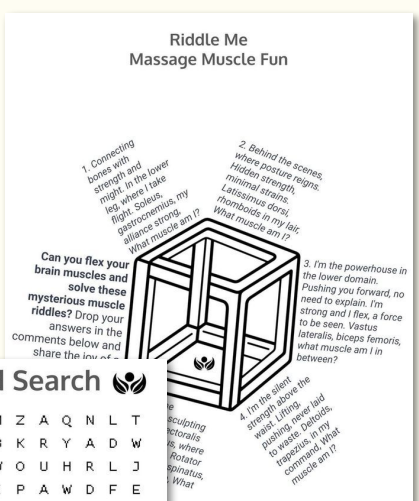
Macrame Hanging Workshop



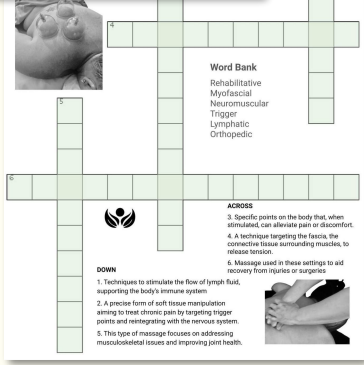
When navigating the twists and turns of the winter season gets a bit too tangled, it's time for a magical massage!



Find the Hidden Massaging Muscles Message
Unscramble the letter for each word and then write the letters that correspond to the numbers to reveal the hidden message



Riddle Me
Massage Muscle Fun



Word Bank
Rehabilitative
Myofascial
Neuromuscular
Trigger
Lymphatic
Orthopedic



Word Search

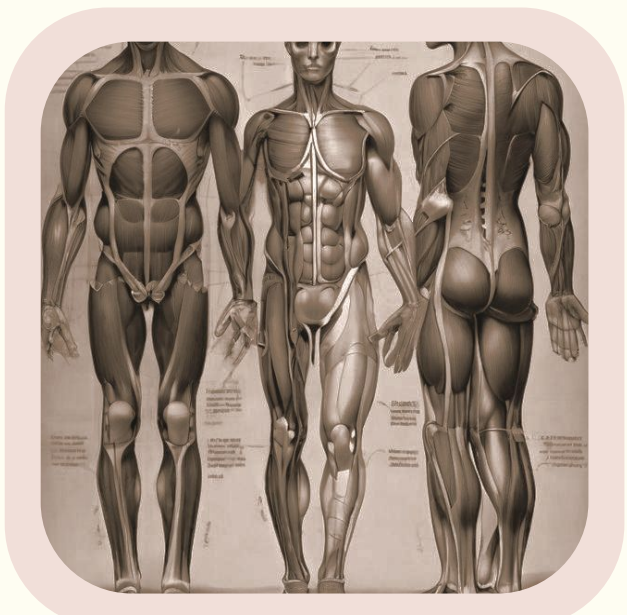
W M Z A Q N L T
I B K R Y A D W
M W O U H R L J
G I P A W D F E
K H W E A D P D U R L L U S S
C C A E R J N Y Q U O N X U S
X S L O V E N I T R W B Y K I
A R A S E D M Z C A J E A N C
C B M L S P F Y D U T O K H A
V N D G L Y B J U A Y Z X I S
G E F B M Y X J S M S T N P D
A R A B R A B H M T A R A A A
G O I P L M L A P N T A H A R
L U P V O E T O H D H V X V N
A K Q A Y K Y D R Q T K M M T

Embark on a quest to discover all 15 therapists at Hands on Health! Can you uncover the hidden talents behind our healing hands? If you need a hint, check out our Wall of Fame in the office or visit our website 'Meet Our Therapists' section. You might just stumble upon an alternative therapist who perfectly matches your needs!

Did you miss out on last month's intriguing puzzle posts on Facebook? Don't worry, grab one while waiting at your next appointment!

[Follow us on Facebook](#) for valuable tips, updates and valuable information to enhance your everyday life

Every Tuesday and Thursday in February, we have been exploring a therapists' knowledge of connecting the art of massage to a deeper understanding of muscle anatomy. If you aren't caught up on our mini series, be sure to check it out. ● ● ●



Stay tuned for our upcoming mini-series in March, where we'll unveil the benefits of collaborating with healthcare providers. Your well-being matters, and we're excited to share how this collaboration can make a difference in your health journey. ● ● ●



Chocolate Pudding

Serves 4

- 1 lg avocado
 - 1.5 lg ripe bananas
 - 2-3 T sweetener (maple syrup, sugar, agave)
 - ½ c cocoa powder
 - 2-3 T water (if needed)
- Add the above ingredients to blender, blitz until completely smooth, adjust consistency with water or sweetener. Enjoy!



919-694-1354
919-854-9555

[Visit The Online Booking Site](#)
massagetherapy@handsonhealthnc.com

