

Winter Solstice
2008

Upcoming Events

- ✓ stay tuned for reiki classes... I'm planning a class for teenagers in the spring
- ✓ as I'll be traveling for much of Jan-March, look for workshops to happen in April

Paula's Update

Happy winter solstice - the rebirth of the sun; the birth of the Son!

News on Health & Wellness

The Obama/Biden health care transition team is soliciting comments from the public. Click on the [Submit Your Ideas](#) link to weigh in.

I urge you to take the time to express your values, needs, and suggestions for health care reform. And while doing so, consider mentioning Reiki or Massage Therapy specifically. You might, for example, express your preference to have non-invasive complementary therapies reimbursed by insurance and offered in mainstream care. Include examples of how massage, reiki, and other complementary therapies have helped you with wellness care or supported you in addressing medical conditions. You can include these links to the National Institute of Health site to show that [massage](#) and [reiki](#) are recognized healing modalities.

