

# Couples



# Massage Clinic

Learn proper massage techniques with Brett Schweisberger, LMT. In this couples massage clinic you will learn techniques that you can use on yourself or your partner, friends, or family members. Hy-Vee Registered Dietitian Megan Shamleffer will provide hydration samples and discuss the importance of staying hydrated.

**Date:** Thursday, March 30

**Time:** 6:30 to 8:30 p.m.

**Place:** Gladstone Community Center, 6901 N. Holmes, Gladstone, MO

**Cost:** \$49 for Community Center members; \$55 for non-members (per couple)

\*Child watch is available for an extra fee. \$1 for members and \$2 for non-members call (816) 423-4200 if interested. Limited spots available!

**Register by** March 28 in person or online at [activityreg.com](http://activityreg.com).



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