



**Responses last year included:**

*"It took him to a whole other world. Could have gone on all day. Love to have it again, will look forward to it."*

Therapist Jessie Salter massaging Charlie, 90.

*"I was amazed by how just 15 mins of massage can seem like such a lovely thing. It was really nice to be asked if I'd be coming back to do more massage"* Therapist Sue Winters.

**Complimentary Massage Day**

**10 December 2009**



"Touch a heart" is a charitable project initiated two years ago by Beata Aleksandrowicz, massage therapist and co-founder of Pure Massage that was formed to offer free massage treatments to our senior citizens in order to benefit from gentle, healing touch.

This year we are developing the project further and we organize a Massage Day in which therapists can volunteer in care homes, hospices, lunch clubs or anywhere else where a group of elderly can have short sessions of treatments.

The plan is to engage as many therapists as possible from all over the UK to cover as many care homes as possible so that many of our elderly can experience a relaxing, non-invasive therapeutic treatment.

We need you, dedicated therapists to volunteer for one day and offer your time, caring touch and expertise. 10 December 2009 is the Massage Day we organize for our elderly people to receive a gift of 15 minutes free massage treatment (face, hands and feet)

Let's make it our intention to treat them as unique individuals and make our treatments a great gift for them.

Let's bring them joy this coming Christmas.

Name of elderly center: \_\_\_\_\_

Massage therapist: \_\_\_\_\_

For more information please visit: [www.touch-a-heart.org](http://www.touch-a-heart.org)