

# ***FREE EVENT:***

## **Community Labyrinth Walk** *with Energy Work & Chair Massage Mini-Sessions*

**7:00 – 9:00 PM**

**7:00-7:15 p.m. - Orientation to the Labyrinth**  
**7-8:30 pm - Free Energy Work & Chair Massage mini sessions**

### **2010 Summer Calendar**

***Monday, 7/19/10***

***Thursday, 8/19/10***

Experience the transformational power of the labyrinth combined with the deeply restorative power of energy work and chair massage. Join us for the community labyrinth walks scheduled above where local practitioners will offer hands-on mini sessions to anyone interested.

The entire event is free. Your donations are appreciated to help us cover the rental of the Chapel. Kindly spread the word to all who might join us for these powerful evenings of inner transformation and self-healing. Friends, neighbors, colleagues, and family members of all ages are welcome and invited.

### **Directions:**

#### **First Unitarian Church of Rochester**

220 South Winton Road, Rochester, NY

220 South Winton Road is 2½ blocks south of East Avenue; there is a large parking lot north of the building. **From Interstate 590 northbound:** Take the Highland Avenue exit, turn left at the end of the exit ramp onto Highland Avenue. Then turn right at the next light (Winton Road), the church is 3½ blocks on the right. **From New York 590 southbound:** Take the Blossom Road exit, turn right at the end of the exit ramp onto Blossom Road. Take a left at the Winton Road intersection, and the church is about 1/2 mile on the left. **From Interstate 490 westbound:** Take the University Avenue exit to the stoplight, then turn left onto Winton Road. The church is located 3½ blocks on the left. **From Interstate 490 eastbound:** Take the Winton Road exit, and turn right at the light at the end of the exit ramp. The church is located 1½ blocks on the left.

**For more information please contact:**

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