



# Sweet Baby Toes

## A Natural Approach to Child Wellness

Charles Leath, CR

Sunday, April 3, 2:00-4:00pm - \$25/person (children free)

*Would you like to help your baby or child with these things?*

- ✓ better sleep patterns
- ✓ calming the countenance
- ✓ sooth teething troubles
- ✓ general relaxation
- ✓ colic symptoms
- ✓ ear infections
- ✓ sinus congestion

**Parents:** bring your babies and small children to experience and learn hands on methods to ensure your child's wellness. Reflexology promotes general health and wellness. By gently working small feet, it can bring about many benefits.

Charles helps you with this ancient, loving technique that will assist in bonding with your child in a whole different way. You will learn to apply gentle pressure to different areas of the feet, which clears congestion and balances your child's body. Reflexology can help your baby's health, as well as promote improved energy flow to all vital organs, glands and other tissues.

There will be plenty of hand-outs to take home, and 80% hands-on practice with guidance and instruction from Charles. \* This method does not take the place of regular medical treatment/care, but compliments those treatments.

*Charles Leath is a certified reflexologist and energy healer, originally learning how to work the feet from his grandfathers, as it was handed down in the family. He is a member of the Reflexology Associations of Ohio and America.*

**WHERE:** The Reiki Center, 1540 W. Fifth Ave., Columbus  
614-486-8323. Call ahead to pre-register saving your spot.