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*Tips to Keep You Healthy,  
Happy, and Motivated*

*with Kristen Harper*

### Tips to Keep You Healthy, Happy, and Motivated

**Tuesday at 3 PM Pacific**

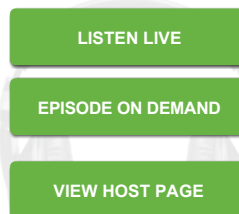
January 09th 2018: The Health Benefits of Foot Reflexology

Tune in to hear all about: 1) The Foot Reflexology teachings of Eunice Ingham 2) Eunice Ingham's contributions to the world of Reflexology, including the reflexes on the feet are a mirror image of all the organs, glands and parts of the body. 3) The Health Benefits of Foot Reflexology and much more!



### Tune in

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### Featured Guest



#### Dwight Byers

Dwight Byers and his wife Nancy have been responsible for formulating and consolidating the teachings of Eunice Ingham through The International Institute of Reflexology®.

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