

# Brick Township RECREATION DEPARTMENT



## PROGRAM INFORMATION

- Program Name: Massage for Couples Workshop
- Program Dates: February 5 and 12, 2018 6pm-8:30pm at the Civic Plaza Activity Center
- Description: Touch is necessary to life and offering massage is truly a gift of the heart. This workshop will teach you how to share massage with your loved ones safely and comfortably. Experience and learn basic massage techniques for relaxation and healing, the use and application of oils and creams, and the do's and don'ts of massage. Self-care techniques and proper body mechanics will also be covered. Min 3/Max 5 couples per workshop.
- Fee: \$75/couple
- Registration: Begins 10/8

**Register online at [parksandrecreation.bricktownship.net](http://parksandrecreation.bricktownship.net) or in the Recreation Office, Monday through Friday, 7:30am-4pm.**

Recreation accepts cash, check, credit care (Amex, Visa, MasterCard and Discover) and money order made payable to Township of Brick. Non-refundable convenience fee for credit cards. Registration is limited to Brick Twp. residents, children of twp. taxpayers or those who receive regular daily care from a relative who is a Brick Twp. resident. All programs require a minimum enrollment. Full refunds given in the event that the Recreation Dept. cancels a program.

Brick Township Recreation Department  
270 Chambers Bridge Road, Brick, NJ 08723 732-262-1044