



**Family Counseling Service**



***Presents:  
"Healing the Heart that Heals"***

***GIFT CERTIFICATE***

If there is someone in your life who needs a day to relax, renew and regenerate, this is a rare opportunity to give them the gift of pampering and self care. Those who provide care to an aging adult or to young children give much of themselves. In order to provide optimal care to others, caregivers must take time for their own health and healing.

Family Counseling Service is providing a day's respite of massage therapy, guided imagery meditation and body blessing, art process, group counseling and support, journaling, a healthy lunch and snacks in a supportive and compassionate environment provided by mental health clinicians, massage therapists and other professionals. The Caregiver in your life will leave this day feeling relaxed, renewed and ready to move forward into the New Year 2009!

***Saturday, January 24<sup>th</sup>, 2009  
10 AM- 4 PM***

***1393 Trent Blvd. Building 2 Suite 2101  
Lexington, KY 40517***

**Call Carol at 859.233.0033 or 494.8577 for more information.**

**Gift certificate will be wrapped and ready for you to pick up at your convenience.  
Cost: \$100.00 and must be paid in full by Dec. 16<sup>th</sup>**

Founded in 1900 by members of the Lexington community, Family Counseling Service (FCS) is a non-profit organization that has been a leader in providing clinical and therapeutic services at affordable rates to Lexington-Fayette County and the surrounding Central Kentucky counties for over a century. Throughout nearly 110 years of service to Kentuckians, FCS has evolved while still maintaining its dedication to helping individuals cope with life's challenges.