

## **Level 1 Healing Touch Class: Caregivers, Veterans and VFU**

Thank you for your interest in the Healing Touch Level 1 class for caregivers, veterans and VFU. This is a complete Level 1 class that carries 17.5 continuing education units through the American Holistic Nurses Association. If you decide you want to move on to Healing Touch Level 2, you will be able to do so after taking this class. We will learn techniques for working with pain, stress, headaches, and how to balance the energy system. You can use these on yourself, or with another person.

**Dates:** The class is two days, both Saturdays. If you can come to the first day, but not the second, you can come to the second day of a different class. The first day is required to be able to attend the second day, as the first day is the basis for what is taught during the second day. While it would be better to do both the both days in sequence so that your learning is close together in time, I'll work with you as your schedule requires.

**Location:** Oklahoma City VA Medical Center, 921 NE 13<sup>th</sup> St., Oklahoma City, OK 73104, Room GA-104. This is a room on the Ground floor, the same level as the parking lot. You can park in the North Parking Lot, entrance on NE 16<sup>th</sup> St., where the flags line the entrance street. On foot, you will enter long breezeway. When you enter the building, turn right and go down the hallway, past the elevators. Turn left at the first hallway. GA-104 is there, as is a restroom. If you have difficulty in walking a long way, there is a closer parking area, but it is not obvious if you do not know the campus. If you need this, call me and I will give you directions to the Southeast Parking Lot.

**Food:** VFU and I will provide snacks and water. Please bring a lunch, and any special foods you may want. We will take a 30 minute lunch break, probably around 12:30 or 1:00. There is a soda machine not far away, and the Veterans' Canteen Service (gift shop) is open until 2:30. They have soda, coffee, etc.,

**Temperature in Room:** I do not have much control of the temperature in the classroom. I would dress in layers, so that you can be comfortable. I have a fan and a heater, so can adjust the temperature some. However, it's not a bad idea to dress defensively, so that you have some control over how you experience the indoor climate.

**More About the Class:** The brochure contains some information about the class. You also can go to [www.healingbeyondborders.org](http://www.healingbeyondborders.org) and look at the description for the Level 1 class. While I hope you fall in love with Healing Touch, and want to learn more, you can do a lot with the Level 1 techniques by themselves.

**FOR VA PATIENTS AND STAFF:** Please contact me if you have any questions: Terry Sparks (405) 456-5138; (405) 202-6363 (c). Call me to let me know you are coming.