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Sample Press Release to Announce MCR Meeting

PRESS RELEASE

To: health editor or local interest editor

From: Wendy Decker (207) 443-2572 wendy@amcinc.com

FOR IMMEDIATE RELEASE

A statewide gathering of reflexology practitioners will be held on Saturday (February 5, 2005) at Patten Free Library. Snow date is Feb 12th.

The business meeting will take place in the morning, with the afternoon program focusing on strategic planning for the organization. Reflexology reduces stress by using a technique of applying pressure to points in the feet that correspond to organs, muscles, and glands in the body. Sylvia Young, Evangeline Sparks, and Wendy Decker, active members of the Maine Council of Reflexologists, with practices in the Bath/Brunswick area, plan to attend.

The Maine Council of Reflexologists, established in 1991, acts as a resource and information center with meetings three times per year and periodic workshops. Membership is open to anyone interested in the health field. For more information about MCR, go to www.reflexologyofmaine.org or contact Allison Gingras, Augusta 622-1781 or email info@mcronline.org

PRESS RELEASE

To: health editor or local interest editor

From: (your first and last name) (phone number and email address)

FOR IMMEDIATE RELEASE

A statewide gathering of reflexology practitioners will be held on Saturday February 5, 2005

at the Bath Public Library. Alina Blakesley, a member of the Maine Council of Reflexologist who has an established practice in Boothbay Harbor will attend. She explains that reflexology has a proven record to reduce stress by using a technique of applying pressure to points in the feet that correspond to organs, muscles, and glands in the body. As pain medication is taken off the market, people are looking for alternative ways to minimize pain and help them feel better.

The Maine Council of Reflexologists with over 50 members was established in 1991. It's activities include acting as a resource and information center with quarterly meetings and sponsors workshops with speakers of national renown in the field, such as Lilian Norton's "Five Elements, Meridians, and Reflexology" and Lynn Booth's "Vertical Reflexology" set for October 21-23, 2005. Alina Blakesley said, " I have an opportunity to hear speakers from around the world talk about developments and scientific studies in reflexology. The rich exchange of ideas is exciting and stimulating," she continues, "but perhaps the greatest benefit for me from attending is the opportunity to meet my fellow practitioners from around the State." Membership is open to anyone interested in the health field. For more information go to www.reflexologyofmaine.org or contact Allison Gingras, Augusta 622-1781 or email info@mcronline.org