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FOR IMMEDIATE RELEASE  
October 25, 2015

## ***HAYC3 Offers The Big Idea Lecture Series***

Hoosick Falls, NY-- HAYC3's Big Idea Lecture Series will be offering a free lecture on Tuesday, November 10<sup>th</sup> on Health & Healing through Reiki.

Presenter, Charlene Pray, Reiki Practitioner, will discuss the basics of Reiki.

Reiki is a Japanese technique for stress reduction and relation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

This lecture will be held on Tuesday, November 10th, 2015, at 7:00p.m. in the Owls Nest, located downstairs in the HAYC3 Armory, 80 Church Street, Hoosick Falls, NY.

To RSVP for this lecture or for further information, contact HAYC3: [518-686-9050](tel:518-686-9050), email [contacthayc3@gmail.com](mailto:contacthayc3@gmail.com), or visit [hayc3.org](http://hayc3.org).

**About HAYC3:** *HAYC3 (Hoosick Armory, Youth Center, and Community Coalition) is a non-profit organization whose mission is to foster the well-being of our community.*

*This is accomplished through a variety of rural revival initiatives including: Arts, wellness, youth & community programs; small business incubation; community events and outreach; and partnerships with community organizations.*