

Pain in the neck! Nagging muscle aches!

**Schedule a 5 or 10 minute Chair Massage with
Annette Santoro, Massage Practitioner**

**Where: Lake County Administration Building
Assembly Room**

Tuesdays and Thursdays in NOVEMBER

- *No massages THURSDAY, NOVEMBER 28TH*

**Please call Kathy Russo, at ext. 2979 to
schedule your appointment.**



5 minutes \$5.00

10 minutes \$10.00

Decrease Stress

Boost Immune System

Improve Circulation

**Muscle Pain Relief Headache
Relief**

Improve Thinking

Lower Blood Pressure

Enhance Flexibility

Studies have shown that the brain begins to recharge in just a few minutes.

And with just the right touch, tired muscles feel rejuvenated right away!