

Pain in the neck! Nagging muscle aches!

**Stop by for a “FREE” 3-minute Chair Massage by
Annette Santoro, Massage Practitioner**

**Where: Lake County Health Awareness Fair
Administration Assembly Room**

When: Thursday, September 30, 2010 – 11 am...



**If you are interested in future “At Work Chair Massages”
please express your interest to Jackie Via,
Wellness Coordinator ext. 2748 or jvia@lakecountyohio.org**

\$5 for 5 minutes or \$10 for 10 minutes

**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!