

## **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**

**Tuesday's and Thursday's in October**

**Please call Jackie Via, Wellness Coordinator at ext. 2748  
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!**