

# **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 28<sup>TH</sup>**

**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!**