

**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](mailto: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!**