

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 November

**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!**