

Pain in the neck! Nagging muscle aches!

**Schedule 5 or 10 minutes of Massage Therapy with
Annette Santoro, Massage Practitioner**

**Where: Lake County Administration Building Assembly
Room**

Tuesday, September 13, 2011

Tuesday, September 20, 2011

Tuesday, September 27, 2011



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**

**Please call Jackie Via, Wellness Coordinator at ext. 2748 to
make an appointment.**

**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!**