Relax & Relieve Stress

With an on-site chair massage

$10/10 minutes

Book your appointment(s) online thru Employee Wellness

<table>
<thead>
<tr>
<th>Community</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community</td>
<td>B128 (in Computer Commons)</td>
<td>May 21: 9 am - Noon</td>
</tr>
<tr>
<td>Desert Vista</td>
<td>A138-Hohokam Rm</td>
<td>May 11: 2 to 5 pm</td>
</tr>
<tr>
<td>District Office</td>
<td>Breakroom, C-111</td>
<td>May 18: 2 to 5 pm</td>
</tr>
<tr>
<td>Downtown</td>
<td>RV 124</td>
<td>Jun 12: 9 am to Noon</td>
</tr>
<tr>
<td>East</td>
<td>Community Rm</td>
<td>Jun 1: 2 to 5 pm</td>
</tr>
<tr>
<td>M &amp; S</td>
<td>Exercise Room</td>
<td>May 14: 9 am to Noon</td>
</tr>
<tr>
<td>Northwest</td>
<td>G-207 (lobby of G-206)</td>
<td>Jun 8: 2 to 5 pm</td>
</tr>
<tr>
<td>West</td>
<td>Bookstore Lobby</td>
<td>Jun 4: 9 am to Noon</td>
</tr>
</tbody>
</table>

Details & Appointment Calendar: MyPima @Work >Employee Service Center >Wellness
Or schedule directly at: goo.gl/RZk5QE

12 person minimum required per site or clinic will be cancelled.
Walk-in appointments may also be available. Please stop by the location to check.
Benefits of Chair Massage

- Increases alertness, creative thinking, and decision-making
- Relieves muscle fatigue and headaches
- Lowers anxiety and improve sleep
- Boosts immune system and resistance to illness
- Decreases repetitive stress symptoms
- Decreases job stress
- Boosts energy
- Increases circulation
- Reduces muscle tension and pain
- Relieves aches and pains
- Increases flexibility and range of motion
- Lowers blood pressure
- Reduces back pain

Chair massage is a type of seated massage that is usually 10-20 minutes and focuses on your shoulders, neck, back and arms. You are seated in a special chair with your face resting in a cradle, looking down towards the floor with supports for your arms. It’s a very comfortable position that allows you to completely relax your back and neck, while the massage therapist relieves muscle tension.

Visit MyPima @Work >Employee Service Center >Wellness for information about On-site Clinics
Or schedule an on-site appointment at: goo.gl/RZk5QE