



# WELLNESS DAY!

Join Us in Celebrating Good Health!

## Chair Massage

April 12<sup>th</sup>

11:00a.m. – 4:00p.m.

War Memorial Auditorium, Newton City Hall

- The perfect antidote for workplace stress!
- Gentle manipulation to release muscular tensions and increase circulation.
- Focused on the neck, shoulders, back, arms and hands.

\*No oils are used.

To sign up please contact [hr@newtonma.gov](mailto:hr@newtonma.gov)



MASSACHUSETTS

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