

## **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.

## CLICK HERE OR SCAN THE QR CODE TO SIGN UP!



Please note: The online scheduler closes on 4/11 at 4:30pm



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<sup>\*</sup>No oils are used.