

Employee Massage Day

Boost morale with a massage day...on us!



**EMPLOYEE MASSAGE DAY PROGRAM
INFORMATION PACK**

ATTN: HR

Our Employee Massage Day is a community outreach program provided FREE to your company by our state-of-the-art health and wellness facility. Please take a few moments to review this brochure. It will introduce you to this popular event and provide all the details to get started.

Massage has been used all over the world to remove muscle tension and interference from the body. Our outreach program provides soothing massage therapy to your employees with no strings attached and fulfilling our mission to help people in our community live healthier lives. It also allows people to learn about us in case they need our services in the future.

Each year we select companies in our community for a day of healing and rejuvenation. We know from experience that companies who use our free massage program enjoy this relaxing break in the work day and experience a more positive work environment. Our massage program is an excellent way to show appreciation for your employees, and it's FREE to you.

Our massage therapists are highly skilled and expert in handling aches and pains that employees tend to experience in the work place. We provide one or two therapists for on-site chair massage for two to four hours depending on the size of your company. Larger companies may qualify for this service over two or more days. We do all the work, and you get all the credit!

The first step is to pick a date. If you have any questions about how to participate, please feel free to contact me personally. We look forward to being of service to you, your company and employees.

Yours in health,

Kimberly Swiatek
Community Outreach Assistant

F.A.Q.

What is an Employee Massage Day?

What office environment wouldn't benefit from safe, effective chair massage in the midst of a hectic day? We are happy to provide your human resources department with this tool to educate and ease stress at literally no cost to you. Busy working people rarely treat themselves to the healing benefits of massage, but here is a way to fit it into the work day. Most people who have used our service in the past tell us their productivity is higher after a refreshing massage.

There's always room for a Massage Day!

Chair massage works in a relatively small space, as little as six feet by nine feet. Our massage therapists will set up in a semi-private space and won't interfere with the way the office normally runs. A conference room, lunch room, lobby or even reception area has worked very well in the past. Chair massage does not require disrobing or messy massage oils.

We'll boost morale and demonstrate your appreciation for employees!

Imagine how appreciative your employees will feel when, in the middle of the work day, they get the tap on the shoulder to go spend a few minutes in a comfortable massage chair with a skilled set of hands to work out neck and back tension. And you managed to pull this off at no charge to them! Clean, effective, no strings attached.

Simple Scheduling!

Easy. Pick a date in the next 8 weeks and let us know by phone or email. I will confirm the massage therapists and firm up the date with you. Then, I will send you out a sign-up sheet and a flyer to post.

Sit back, relax, and enjoy!



FREE 10-Minute *Chair Massage for Employees*

How does a massage day benefit your company and your employees? Some of the immediate and long lasting cumulative health benefits of our services include:

- Reduced muscle tension
- Improved blood flow and circulation
- Increased energy, alertness and productivity
- Decreased stress and anxiety
- Improved mental acuity

Save a Date Today!

(716) 210-1060



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