



Dedicated to balanced & healthy lifestyles...

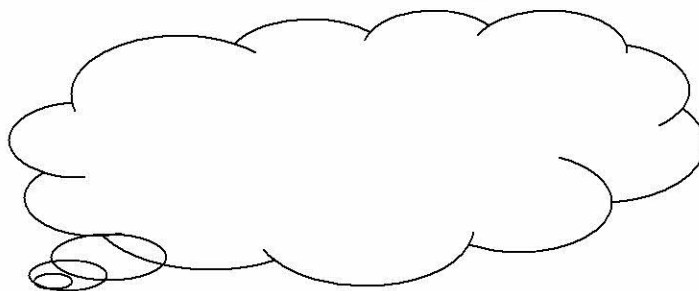
Seated Massage



Benefits of Seated Massage

- ◆ Chair supports the whole body, taking the strain off the spine
- ◆ Relaxation and calming of the nervous system
- ◆ A decrease in blood pressure and pulse rate
- ◆ Dispersal of toxins
- ◆ Improved circulation of the lymphatic system, which strengthens the immune system
- ◆ Improved alertness and concentration

Mondays	Tuesdays
May 25, 2009	May 5, 2009
	June 16, 2009
June 8, 2009	
	July 7, 2009
	Aug. 4, 2009
Sept. 14, 2009	Sept. 1, 2009
Oct. 19, 2009	Oct. 6, 2009
Nov. 9, 2009	Nov. 3, 2009
Dec. 7, 2009	Dec. 1, 2009
Jan. 11, 2010	Jan. 5, 2010
Feb 8, 2010	Feb 2, 2010
Mar 8, 2010	Mar 2, 2010



Rejuvenate Yourself



You Deserve It.

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