

# STRESS RELIEF BREAK

## CORPORATE MASSAGE

### WELLNESS @work

Partner with wellness@work to hold a corporate massage stress relief break.

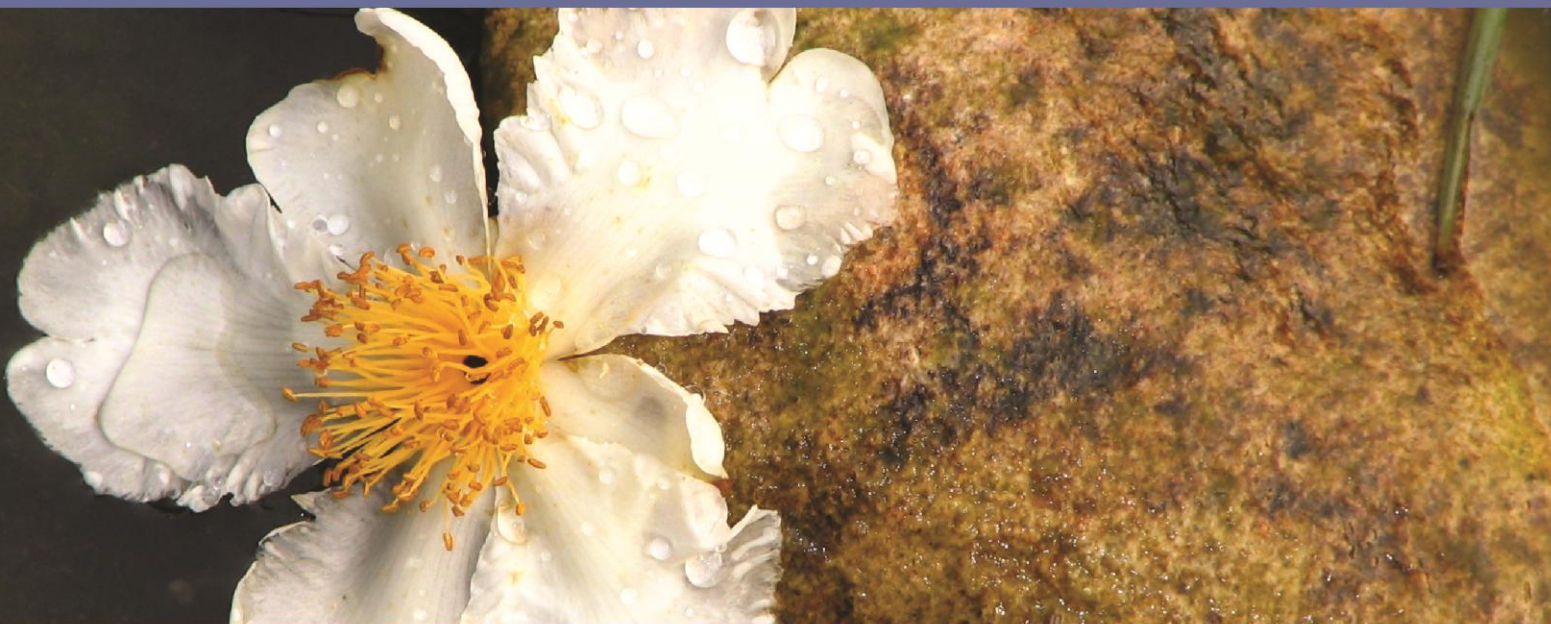
Benefits of chair massages:

- Boosts energy, alertness, and productivity
- Increases circulation
- Reduces muscle tension and pain
- Relaxes and rejuvenates

Workplace wellness is good business!

Reward and rejuvenate your employees with our regular on-site visits. The stresses of physical movement, commuting, deadlines or issues at home or in the office can cause debilitating muscle aches, headaches, back pain and job performance may suffer. The healing, revitalizing art of massage has gone beyond simple luxury and has become vital to busy working people and successful businesses. Thanks to on-site massage, employee retention rates increase, sick days decrease and employees feel better. Get started now!

**"If you change nothing, nothing will change."** SPARK PEOPLE



Contact [wellness@work](mailto:wellness@work) today!

[kay@wellnessworking.net](mailto:kay@wellnessworking.net) | 952.484.1546 | [www.wellnessworking.net](http://www.wellnessworking.net)