

Massage Therapy on campus

469-682-6320



CALL TODAY
for your massage given by
Heather Evans
of Bodywork RX, Licensed
Massage Therapist

**Residents &
Point Members:**

\$30 / 30 mins
\$50 / 60 mins

All Others:

\$40 / 30 mins
\$60 / 60 mins

**Massage Therapy
Room Location:**

Across from The Beauty
Shop ~ 2nd Floor
Lawther Point East Bldg.
*Annie L. Stevens
Center For
Wellness and Renewal*



"I felt so relaxed after my massage!"

C. C. Young Resident, 2/1/2012

Healthy Benefits of Massage!

- Reduces inflammation, pain, and stiffness
- Dilates blood vessels, improving circulation
- Relaxes muscle spasms and tension
- Stretches connective tissue and softens adhesions
- Improves circulation to joints
- Stimulates cellular waste removal from the tissues
- Increases range of motion
- Enhances sleep quality
- Lessens depression and anxiety . . . **RELAXES**