



Wellness@Work is pleased to announce

Neck and Shoulder Massage at Work

When? Tuesday, February 19, 11am to 2pm

Where? Meeting Room D, Chapel Hill Public Library

Cost? \$10 for a 10 minute massage
(the Town is covering part of this service,
greatly reducing your cost)

How do I sign up? Contact Liska Lackey to
schedule (llackey@email.unc.edu or 919-968-2796).
Payment of \$10 must be submitted by February 12.

• **What is Neck and Shoulder
Massage?**

• While you are sitting in a chair, the
• licensed Massage Therapist will focus
• on your back, shoulders, neck and arms.
• This has been found to lower anxiety,
• increase circulation, relieve muscle
• pains & headaches, decrease stress and
• generate flexibility.



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TOWN OF CHAPEL HILL

