



*Wellness@Work is pleased to announce*

# Neck and Shoulder Massage at Work

**When?** Wednesday, October 23, 10am to 1pm

**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 October 16.

• **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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UNC HEALTH CARE | FAMILY MEDICINE  
TOWN OF CHAPEL HILL

