



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

RELAX REJUVENATE RENEW

MASSAGE THERAPY PROGRAM

WELLNESS PACKAGES

Massage Services	Y Member	Guest
30 minute massage	\$40	\$45
60 minute massage	\$60	\$65
90 minute massage	\$80	\$85
Three, 30 minute massage package	\$105	\$120
Three, 60 minute massage package	\$165	\$180
Three, 90 minute massage package	\$225	\$240



MASSAGE BENEFITS INCLUDE:

- Decrease stress levels
- Enhance sports performance
- Improve flexibility and range of motion
- Promote healing, shorten recovery time after injury
- Reduce pain
- Decrease delayed onset muscle soreness from exercise
- Boost immunity
- Better Sleep, diminish fatigue
- Raise alertness and concentration

SCHEDULE YOUR MASSAGE TODAY!
**Call the Parkwood Y Welcome Center
at 517.827.9680 to make an appointment.**