Chair Massage

What: Chair Massage with Penny Leibel, Emily Morrison and Janice Topp

Where: HHS Building 2nd Floor Health Department Room 2111

When: January 10th and 24th from 10am-3:30pm

How to Sign-up: Email healthWeb@lacrossecounty.org for an appointment or cancellation.

Cost: $15 for a 15 minute slot (cash or check)

Cancelation Policy: Cancel at least 48 hours before your apt or you will be responsible for the $15 payment

Benefits of Chair Massage

Some of the physical benefits of massage include: **reduced muscle tension.** **improved circulation.** **stimulation of the lymphatic system.** **reduction of stress hormones.** **increased joint mobility and flexibility.** **improved skin tone.** **improved recovery of soft tissue injuries.** **heightened mental alertness.**