

## **Massage- a natural path to optimum health.**

Why have a massage? Just how does it promote optimum health? Medical studies show massage:

\*Helps stimulate circulation which improves the function of the circulatory, respiratory, and digestive systems.

\*Encourages the removal of toxins from the body, boosting the immune system.

\*Improves levels of pain and mobility by increasing the pliability of muscle and connective tissue.

\*Teaches the body to relax and deal with stress effectively.

**All City of Port St. Lucie employees receive \$15.00 off any massage of 60 minutes or more!! For more information call:**

**Shannon Heath, LMT (772) 812-5470 or**

**Shawnee Ferraro, LMT (772) 812-7461**

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