

Corporate Wellness

Magnolia  Medical

Massage Day

Boost morale with a massage day... On us!

Massage has been used all over the world to relieve muscle tension and interference from the body. Our outreach program provides soothing massage therapy for your employees with no strings attached and fulfilling our mission to help people in our community live healthier lives. It gives us an opportunity to tell people about who we are and what we do in our office. Our massage therapists are highly skilled and expert in handling aches and pains that employees tend to experience in the work place.



FREE 10-minute Chair Massages

Our Employee Massage Day is a community outreach program provided FREE to your company by our office. We provide one or two therapists, depending on the size of the company. Larger companies qualify for this service over two or more days. We will give you a colorful flyer to post and a sign-up sheet for the staff. We do all the work, and you get all the credit.



**Events book quickly,
save your date now!**

How does it benefit your company and your employees?

- Reduced muscle tension
- Improved blood flow and circulation
- Increased energy, alertness & productivity
- Decreased stress and anxiety
- Improved mental acuity

Magnolia Medical Center

210 Robert Rose Dr, Suite D • Murfreesboro, TN 37129 • 615.225.9100

www.MagnoliaMedicalCenters.com



FAQ

What is an Employee Massage Day?

What office environment wouldn't benefit from safe, effective chair massage in the midst of a hectic day? We are happy to provide your human resources department with this tool to educate and ease stress at literally no cost to you. Busy working people rarely treat themselves to the healing benefits of massage, but here is a way to fit it into the work day. Most people who have used our service in the past tell us their productivity is higher after a refreshing massage.

There's always room for a Massage Day!

Chair massage works in a relatively small space, as little as six feet by nine feet. Our massage therapists will set up in a semi-private space and won't interfere with the way the office normally runs. A conference room, lunch room, lobby or even reception area has worked very well in the past. Chair massage does not require disrobing or messy massage oils.

We'll boost morale and demonstrate your appreciation for employees!

Imagine how appreciative your employees will feel when, in the middle of the work day, they get the tap on the shoulder to go spend a few minutes in a comfortable massage chair with a skilled set of hands to work out neck and back tension. And you manage to pull this off at no charge to them! Clean, effective, no strings attached.

Simple Scheduling!

Easy. Pick a date in the next 8 weeks and let us know by phone or email. I will confirm the massage therapists and firm up the date with you. Then, I will send you a sign-up sheet and a flyer to post.



Sit back, relax and enjoy!

"Thank you for spoiling us today. We appreciate you sharing your therapeutic expertise with us. Our staff enjoyed their massages."
- Cynthia F, Blackman Elementary

"What a treat! The entire staff felt so much better and they were all raving about the massages!" - Jean S, American Geothermal