

# SEATED MASSAGE

Every Friday

Offered In

The Patient Resource Center  
in the Weinberg Building

**\$18 per 15 minutes**

**15 & 30 minute sessions available**

**Noon till 3 PM**



Customized Sessions  
with Nationally Certified Massage Therapists

- Reduce Muscle Tension & Pain
- Increase your Energy & Alertness
- Calm your Nervous System
- Reduce your Anxiety Level
- Identify tensions & help release them before they become a problem

To Make An Appointment, Stop by or call:  
The Patient Resource Center at 410-328-9355

Brought to you by:

Scott Kover 410-929-6350

Donna Bilek 410-236-7112

Thor Antonsson 410-732-5555

[www.mdseatedmassage.com](http://www.mdseatedmassage.com)