



MASSAGE THERAPY

Massage Therapy enhances the function of joints and muscles, improves circulation and general body tone, and relieves mental and physical fatigue. All services can be tailored to your needs. Massage Therapy is successful in relieving:

- *General muscular tension and aches
- *Tension headaches
- *Chronic pain and musculoskeletal injuries
- *Stress and anxiety

Invest in yoUr Health Today!

Service	Fitness Ctr Member Rate	Community Rate
<i>30-minute Therapeutic Massage</i>	\$50	\$50
<i>60-minute Therapeutic Massage</i>	\$71	\$77
<i>90-minute Therapeutic Massage</i>	\$101	\$106

To schedule: 478.757.7808, leave a detailed message and a therapist will return your call.

Cancellation Policy: Appointment "no shows" will be charged 50% of service rate. Appointments cancelled with less than 24 -hours notice will be charged 25% of service rate. If you need to reschedule, we are more than happy to help you do so with at least 24-hours notice. A credit card payment in full is required for your 1st booking.

Massage gift certificates make the perfect gift for family, friends and loved ones! Available at the front desk of the Wellness Center.
Atrium Health Navicent employees may payroll deduct services and/or gift certificate purchases.

3797 Northside Drive, Macon, GA 31210 478.477.2300
www.navicenthealth.org/wellnesscenter
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