

PERFORMANCE MUSCLE THERAPY MASSAGE CLINIC

TREATMENTS USE A COMBINATION OF PRESSURE POINTS AND HAND TECHNIQUES TO RELIEVE PAIN, INCREASE CIRCULATION THROUGHOUT THE BODY AND HELPS PROMOTE TISSUE GROWTH AND REPAIR.



***Performance Muscle Therapy Massage** relaxes body and mind with specialized massage techniques.*

***Advanced Performance Muscle Therapy** is corrective therapy to relieve muscle spasm, restore vital energy and realign body and mind.*

Benefits Include:

- *Relieve joint pain and muscle spasm.*
- *Increase mobility and flexibility.*
- *Speed recovery from injury.*
- *Boost energy levels.*
- ** Ideal for any age group***
- ** No negative side effects. ***

APPOINTMENT TIME SLOTS:

- 11:30AM
- 12:15PM
- 1PM
- 1:45PM
- 2:30PM
- 3:15PM

L. Parker – LMT, Health Educator
CAMTC #53054

Call/Text (415) 654-9827

e-mail: ellsolwellness@gmail.com

- ✓ **FAST** 30 minute sessions.
- ✓ **EASY** Remain fully clothed.
- ✓ **CONVENIENT** Limited oil/lotion use.

RATES:

\$25 Regular \$45 Extended
Includes 50% Senior Discount

Wednesdays + Fridays 11:30am-4pm

Downtown Oakland Senior Center Veterans Memorial Building
200 Grand Ave. Oakland, CA 94610

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