



**Shine**  
SUPPORTING HEALTH IN EVERYONE  
AN HHS PROGRAM



**Hamilton  
Health  
Sciences**

**Sign Up for a FREE  
15 MIN MASSAGE!**



ShineHHS.ca

**If you like to be pampered, you're in for a treat! FREE 15 Minute Massages are coming to an HHS site near you!**

**Mark Your Calendar!**

Mon Sep 11	WLMH	2:00 PM – 5:30 PM Conference Rooms A & B
Mon Sep 18	HGH	2:00 PM – 6:00 PM HGH Wellness Centre
Mon Sep 25	MUMC	2:00 PM – 5:30 PM MUMC 4E18
Mon Oct 2	KING WEST	2:00 PM – 5:30 PM Rm. 23-009/010

**Mark Your Calendar!**

Wed Oct 11	RJCHC	2:00 PM – 5:30 PM Conf. Rm 1-014
Wed Oct 18	Urgent Care Centre	2:00 PM – 6:00 PM Room C-17
Wed Oct 25	CritiCall	2:00 PM – 6:00 PM 2 <sup>nd</sup> Floor
Wed Nov 8	SPH	2:00 PM – 5:30 PM North Conference Room

**SIGN UP** sheets will be posted in advance!

For more info about Shine: [shinehhs.ca](http://shinehhs.ca)

Email Jessica [galopoulos@hhsca](mailto:galopoulos@hhsca)

*“Massage is therapy for the mind, body & spirit.”*

EVENT BROUGHT TO YOU BY

**Shine Wellness**

[www.shinehhs.ca](http://www.shinehhs.ca)

[www.oxfordedu.ca](http://www.oxfordedu.ca)

[@hhsshine](https://twitter.com/hhsshine)

**10 HEALTH BENEFITS OF MASSAGE THERAPY:**

1. Lowers Stress
2. Relaxes & Unwinds Sore Muscles
3. Increases Circulation
4. Lowers Blood Pressure
5. Brightens Mood
6. Boosts Immune Function
7. Fosters Sound Sleep
8. Curbs Headaches
9. Alleviates Back Pain
10. LEAVES YOU FEELING GREAT!

**OXFORD**

COLLEGE OF ARTS,  
BUSINESS AND TECHNOLOGY