



**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!**

Wed Jan 10	HGH	2:00 PM – 6:00 PM HGH Wellness Centre
Wed Jan 24	MUMC	2:15 PM – 6:00 PM MUMC 4E18
Wed Feb 14	KING WEST	2:00 PM – 5:30 PM Rm. 23-009/010
Wed Feb 28	CritiCall	2:00 PM – 6:00 PM 2 <sup>nd</sup> Floor

**Mark Your Calendar!**

Wed April 11	Urgent Care Centre	2:00 PM – 6:00 PM Room C-17
Wed April 25	RJCHC	2:00 PM – 5:30 PM Conf Rm. 1-014A
Wed May 16	WLMH	2:00 PM – 5:30 PM Conference Rooms A & B
Wed May 23	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@hsc.ca](mailto:galopoulos@hsc.ca)

*“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