



Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**

Sign Up for a FREE 15 MIN MASSAGE!



Inner
Wellness



Register in
Advance

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 Sept 26	JHCC	1:30 PM – 5:30 PM Shine Wellness Room (M Wing, Level 1, Room m1-15)
Wed Oct 17	CritiCall	1:30 PM – 5:30 PM 2 nd Floor
Wed Oct 24	RJCHC	1:30 PM – 5:30 PM Conference Room 1-014B
Wed Nov 14	SPH	1:30 PM – 5:00 PM North Conference Room
Mon Nov 19	MUMC	1:30 PM – 5:30 PM MUMC 3H41
Mon Nov 26	WLMH	1:30 PM – 5:30 PM Conference Room A & B

Mark Your Calendar!

Wed Nov 28	PHRI	1:30 PM – 5:00 PM Auditorium
Mon Dec 3	UCC	1:30 PM – 5:00 PM CPD Conference Room
Mon Dec 10	JHCC	1:30 PM – 5:00 PM Shine Wellness Room
Wed Dec 12	KW	1:30 PM – 5:00 PM KW (22-009)
Mon Dec 17	HGH	1:30 PM – 5:30 PM Boardroom

SIGN UP TODAY

Registration has moved online to www.shinehhs.ca!

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

EVENT BROUGHT TO YOU BY

Shine Wellness

shinewellness@hhs.ca

[Ext. 77099](tel:77099)

www.Shinehhs.ca

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

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