



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 Mar 25 | SPH | 1:30 PM – 5:30 PM North Conference Room |
| Mon Mar 25 | JHCC | 1:30 PM – 5:00 PM Shine Wellness Room (M Wing, Level 1, Room m1-15) |
| Mon April 1 | HGH | 1:30 PM – 5:00 PM Boardroom |
| Mon Apr 8 | UCC | 1:30 PM – 5:00 PM CPD Conference Room |
| Fri Apr 12 | KW | 1:30 PM – 5:00 PM Conference Room 22-009 |
| Mon Apr 15 | CritiCall | 1:30 PM – 5:00 PM 2 nd Floor |
| Fri Apr 26 | RJCHC | 1:30 PM – 5:00 PM Conference Room 1-014A |
| Mon Apr 29 | MUMC | 1:30 PM – 5:00 PM MUMC 3H41 |
| Fri May 3 | KW | 1:30 PM – 5:00 PM Conference Room Conf 21-006/07 |

Mark Your Calendar!

| | | |
|---------------|-------------------|---|
| Mon May 6 | JHCC | 1:30 PM – 5:00 PM Shine Wellness Room (M Wing, Level 1, Room m1-15) |
| Fri May 10 | Regional Rehab | 1:30 PM – 5:00 PM B3North Room 148 |
| Mon May 13 | WLMH | 1:30 PM – 5:00 PM Conference Room A & B |
| Mon May 27 | HGH | 1:30 PM – 5:00 PM Marg Charters |
| Mon Jun 3 | JHCC | 1:30 PM – 5:00 PM Shine Wellness Room (M Wing, Level 1, Room m1-15) |
| Fri June 7 | SPH | 1:30 PM – 5:00 PM North Conference Room |

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



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