



**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 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	PRHI	1:30 PM – 5:00 PM Auditorium
Fri Apr 26	RJCHC	1:30 PM – 5:00 PM Conference Room 1-014A
Mon Apr 29	CritiCall	1:30 PM – 5:30 PM 2 <sup>nd</sup> Floor
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
Mon May 6	JHCC	1:30 PM – 5:00 PM Shine Wellness Room

## Mark Your Calendar!

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
Fri May 17	HGH	1:30 PM – 5:00 PM ICU Staff Lounge
Mon May 27	HGH	1:30 PM – 5:00 PM Marg Charters
Mon May 27	PRHI	1:30 PM – 5:30 PM Auditorium
Mon Jun 3	JHCC	1:30 PM – 5:00 PM Shine Wellness Room
Fri June 7	SPH	1:30 PM – 5:00 PM North Conference Room

Registration has moved online to [www.shinehhs.ca](http://www.shinehhs.ca)!

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

EVENT BROUGHT TO YOU BY

### Shine Wellness

[shinewellness@hhsc.ca](mailto:shinewellness@hhsc.ca)

[Ext. 77099](tel:77099)

[www.Shinehhs.ca](http://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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