



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 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
Wed June 13	KW	2:00 PM – 6:00 PM Lunch room (23 rd floor)
Wed June 27	HGH	1:30 PM – 5:30 PM Shine Wellness Room (4 North, Room 403)

Mark Your Calendar!

Wed July 18	MUMC	1:30 PM – 5:30 PM Shine Wellness Room (1J3)
Wed Aug 15	CritiCall	2:00 PM – 5:30 PM 2 nd Floor

SIGN UP
sheets will be posted in advance!

For more info about Shine: shinehhs.ca

Email Melissa cummingsme@hhsc.ca

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

EVENT BROUGHT TO YOU BY
Shine Wellness

www.shinehhs.ca

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