



**Shine**  
SUPPORTING HEALTH IN EVERYONE  
AN HHS PROGRAM



**Hamilton  
Health  
Sciences**



ShineHHS.ca

**Sign Up for a FREE  
15 MIN MASSAGE!**



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 June 27	HGH	1:30 PM – 5:30 PM Marg Charters Aud
Wed July 18	MUMC	1:30 PM – 5:30 PM Conference Room (1J8)
Wed Aug 15	CritiCall	2:00 PM – 5:30 PM 2 <sup>nd</sup> Floor
Wed Sept 19	JHCC	1:30 PM – 5:30 PM Shine Wellness Room (M Wing, Level 1, Room m1-15)

**Mark Your Calendar!**

Wed Oct 24	RJCHC	1:30 PM – 5:30 PM Conference Room 1-014B
Wed Nov 14	UCC	

**SIGN UP**  
sheets will be posted in advance!

For more info about Shine: [shinehhs.ca](http://shinehhs.ca)

Email Melissa [cummingsme@hhsc.ca](mailto:cummingsme@hhsc.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 FEELING GREAT!