



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		
Feb 4	MUMC	1:30 PM – 5:00 PM Shine Wellness Room
Fri		
Feb 8	UCC	1:30 PM – 5:00 PM CPD Conference Room
Mon		
Feb 11	JHCC	1:30 PM – 5:00 PM Shine Wellness Room
Fri		
Feb 22	KW	1:30 PM – 5:00 PM KW (22-009)
Mon		
Feb 25	WLMH	1:30 PM – 5:30 PM Conference Room A & B
Fri		
Mar 1	PHRI	1:30 PM – 5:00 PM Auditorium
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)

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
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
Mon		
May 6	JHCC	1:30 PM – 5:00 PM Shine Wellness Room (M Wing, Level 1, Room m1-15)

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@hhsc.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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