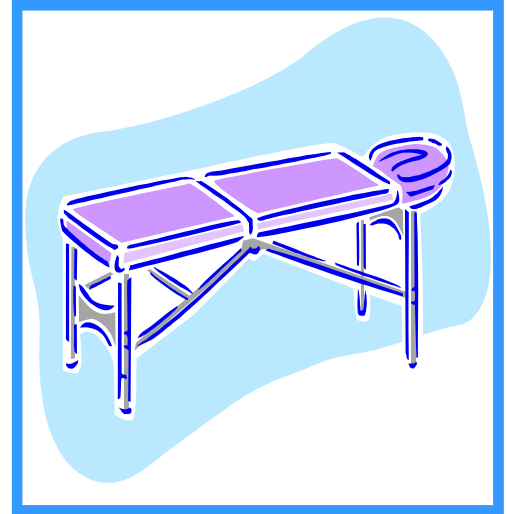


Groveport Parks & Recreation Department

# MASSAGE THERAPY



## WHAT:

### WHY MASSAGE THERAPY?

Are you overworked and tired? Do your muscles ache? You should try Massage Therapy.

- The skillful manipulation of muscles assists the circulation of blood and lymph fluid.
- Massage acts as a mechanical cleanser which speeds up the elimination of waste and toxins.
- Massage relaxes muscle spasms and relieves muscle tension.
- After an injury, Massage can help reduce pain by relieving swelling and congestion in the affected area.

## FEE:

30 Minutes for \$30

60 Minutes for \$55

Clients pay Ann directly.

Massages will be given by licensed massage therapist, Ann Leighton– Schleppi

By appointment only, call Ann at (614) 470-5969

## WHEN: Mondays

8 am - 5 pm

Fridays

8 am - 5 pm

The massages will be provided in the privacy of our Fitness Studio.

**Massage is limited to  
GRC members**



**PARKS & RECREATION...  
THE BENEFITS ARE ENDLESS!**

Groveport Parks & Recreation Dept.  
7370 Groveport Rd.  
Groveport, OH 43125  
614-836-1000 Office  
614-836-2999 Fax  
[www.groveportrec.com](http://www.groveportrec.com)