



## Available Tuesday, December 13, 2011

### CHAIR MASSAGE THERAPY

Relax and unwind with a soothing chair massages from a certified therapist. Sore from that workout or just need some relaxation? Worry no longer as the FMWR Fitness Center now has massage therapists available. We offer 15 & 30 minutes of therapy.

Location: Building 230 Hallway next to the fitness center  
Type: Chair massage with folding partition for privacy  
Days: Tuesday-Thursday  
Hours: 11am – 4pm  
Price: **\$15- 15 minutes / \$30 - 30 minutes**



Available by:

-Appointment online at: <https://webtrac.mwr.army.mil/webtrac/detroitrectrac.html>

-At the Fitness Center by cash or credit card. No checks please.

Please call staff at 282-9117/5606 if you need further assistance  
Thank you for your patronage.