

Because you may feel stressed...worn out...caput... have muscle aches or pains.....

YOU COULD USE A BIT OF MASSAGE THERAPY!!

FREE 5-MINUTE CHAIR MASSAGES!!

Massage is one of the oldest and simplest forms of medical care used to ease pain and anxiety.

Studies show that it is useful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries
- Sports injuries

Temporomandibular joint pain (TMJ)



• DATE: WEDNESDAY, APRIL 27

• TIME: 9:00 A. M. — 5:00 P. M.

LOCATION: 1ST FLOOR CONFERENCE ROOM AT CITY HALL

• By appointment only!!!!

E-mail sdrum@hickorync.gov for an appt.!!

Mary Starnes is a Hickory native, attended Appalachian State University and Lenoir-Rhyne College and graduated with a Bachelor of Arts degree in Business Administration. She completed Massage Therapist training at Natural Touch School of Massage Therapy in Hickory, NC. As a Licensed Massage and Bodywork Therapist, she specializes in alleviating pain, improving range of motion, reducing stress and facilitating the healing process for her clients. She uses Swedish Massage, Neuromuscular Therapy, Deep Tissue Massage, Lymphatic Massage, Thai Foot Reflexology and Negative Pressure Cupping to achieve positive outcomes..