



MASSAGE THERAPY DOES A  
BODY GOOD!

<u>Massage Therapy</u>	<u>Heartwood Resident</u>	<u>HW Resident (5 package)</u>
30 minutes	\$45	\$210
60 minutes	\$70	\$335
90 minutes	\$95	\$460

ST. JOSEPH'S/CANDLER  
HEARTWOOD CAMPUS  
3866 BELFAST KELLER ROAD,  
SUITE 101 P: 912-819-9640

[WWW.SJCHS.ORG/BE-HEALTH](http://WWW.SJCHS.ORG/BE-HEALTH)  
EVERY THURSDAY -9AM TO 5:30PM

# Massage Therapy

Katie Crawford, LMT.

Massage therapy alleviates stress by reducing the levels of cortisol in the body.

Our Massage Therapy can reduce inflammation and swelling, alleviate pain, and improve flexibility, all of which contribute to a faster and more effective recovery process.

Experience the healing benefits of massage therapy, designed to alleviate stress and promote overall well-being. Enhance your health journey with personalized treatments that target muscle tension and improve circulation.

