



## IN TOUCH WITH WHAT'S NEW!

### **Visit Us Online...**

Introducing our new website [www.greggjonesmtc.com](http://www.greggjonesmtc.com)! We are constructing our website to offer you information on our services, along with tips to maintain muscle wellness. Put us in your favorite sites to visit and watch for website special savings!

### **VMH Wellness Fair**

Come visit us at the Veterans Memorial Hospital Wellness Fair on Wednesday, May 9<sup>th</sup> from 3:30 PM- 6:30 PM. We will be offering FREE chair massages, giveaways, discounts and wellness product savings!

### **Wellness Product SALE!**

Now is the time to buy the products you need to complement your wellness goals. Take a look at what is on SALE (while supplies last):

Aromatherapy Kits	Save \$10.00
Exercise Balls	Save \$ 3.00
Relaxation CDs	Save \$ 2.00
Yogi Teas	Save \$ 2.00
Bath Salts	Save \$ 1.00

### **BIOFREEZE® SALE!**

It's that time of year when you can save on Biofreeze. Starting in May, Biofreeze is available in tube and roll-on for only \$7.99 each and spray \$9.99 each, plus tax. Get yours while supplies last. Sale ends June 2, 2007.

## Managing Teen Stress with Massage

Today's teens are faced with daily demands on their time and academic performance. Competitiveness, heavy workloads, after-school jobs and excessive involvement in extra-curricular activities are stressing out our young adults. It is critical for our teens to find ways to take care of their wellness needs.

Massage therapy has been found to help reduce or eliminate ailments associated with stress such as, migraine headaches, muscle stiffness, TMJ dysfunction and sleep disorders. High school and university administrators are beginning to address the needs of stressed students by offering massage therapy to teenagers weary from the college application process or to curb exam stress. It is important for parents and students to understand the role of stress in young people's lives and find ways to bring back a healthier balance of body, mind and spirit.

## Communicate Your Way to a Better Massage

Communicating with your massage therapist is key to getting what you need from your massage session. If you're a quiet client who finds comfort in the silence of your massage treatment, that does help create the best type of healing environment. But it is important to remember that keeping communication open with your therapist will make your massage even better.

If something is causing pain or discomfort during your treatment, make sure that you speak up. Your massage therapist needs you to share information on how much pressure is comfortable for the specific area of your body being worked on. Your comfort is an important part of a massage treatment, so let your therapist know if the room temperature is too hot or cold, if you have a preference in another style of music or if the leg bolster needs adjusting. Anything that distracts you from completely relaxing during your massage treatment is worth communicating to your therapist. Remember, it is your time to relax. Make the most of your massage.

## Wellness Tip: Lighten Your Load

Lipstick. Cell Phone. Wallet. Water Bottle. Snack. Hair Brush. What's in your handbag right now? Bigger bags are the fashion trend this year and they'll be jam packed as usual. Carrying this weight on one shoulder causes stiff neck, shoulder pain and headaches. Downsize your handbag this year and lighten your load!

# Thank You for Your Feedback!

Thanks to all of you who returned Client Survey cards, your feedback was extremely valuable. We have reviewed your feedback and comments and put together an improvement plan for items related to our availability when you need treatment and your ease of scheduling appointments.

We took a serious look at our office hours and made some changes to expand our hours in order to be available when you need treatment. Starting June 4<sup>th</sup>, we will now be open 6 days a week, with the addition of Thursday mornings. We have expanded our hours, now providing an option for earlier appointments on Tuesday and Thursday mornings, for those needing treatment before heading into work. For your scheduling convenience, we continue to offer evening appointments on Mondays and Wednesdays and appointments on Saturday mornings. We are also leaving a certain number of appointments open during the week for same day emergency visits. These appointments will fill up on a first come, first serve basis. Our goal is to provide these appointments to those clients who are in need of immediate treatment to ease pain, assess an injury or improve severe muscular tension.

In order to make it easier for you to schedule appointments, we are currently reviewing ways to improve our process of being available to answer the phone when you call in for an appointment and also being prompt in returning your call should you be asked to leave a message.

We appreciate your business and trust in helping you with your wellness needs.

*Gregg and Maura*

## New Rates

Effective May 7<sup>th</sup>, the following rates are in effect:

30-Minute Massage	\$ 28.00
60-Minute Massage	\$ 45.00
90-Minute Massage	\$ 62.00
Chair Massage	\$ 1.00/minute

\* Seniors 65+ can now receive a 10% discount on massage services. Discount does not apply to products and cannot be combined with other offers.

## Additional Services

Hand Massages	\$ 15.00
Foot Massages	\$ 15.00

Both of these services offer focused therapy for 15 minutes on either hands or feet. A great option for those suffering from arthritis or from pain in hands or feet, resulting from overuse or repetitive use syndrome.

## New Expanded Hours

Beginning June 4, 2007

Monday	9:00 am – 7:00 pm
Tuesday	8:00 am – 5:00 pm
Wednesday	9:00 am – 7:00 pm
Thursday	8:00 am – 12:00 pm
Friday	9:00 am – 5:00 pm
Saturday	8:00 am – 12:00 pm

All therapy sessions are by appointment.  
Please call 563-568-4179 to schedule  
your next massage.

~ Gift Certificates ~

**Perfect for Birthdays, Anniversaries  
Mother's Day & Father's Day**