On-Site Chair Massage Services

Park Alameda Health Facility
976 Lenzen Avenue, San Jose
Every Wednesday
9:30am - 12:30pm
Conference Room D, 1st Floor

What is chair massage?
Seated chair massage is provided on a specially designed chair by a certified massage therapist. The focus is on the upper body - head, neck, shoulders, back and arms.

What is the cost?
Cost is $1 per minute, minimum 10 minute appointments. Payment is collected through online link when scheduling your appointment.

What are the benefits?
• Reduce physical and mental effects of stress
• Relieve physical problems related to repetitive tasks
• Improves mental alertness and ability to focus
• Ease headaches and stiff/sore muscles
• Lessen the effects from too much sitting

Please visit
www.sccgov.org/wellness/chairmassage

Questions?
Please contact Tiffany Bouslog at tiffany.bouslog@phd.sccgov.org for any chair massage questions at this location.

FOR SANTA CLARA COUNTY EMPLOYEES

Services provided by:

Corporate SOUL
State of WELLNESS
County of Santa Clara

408-678-2310
wellness@ewd.sccgov.org
www.sccgov.org/wellness