On-Site Chair Massage Services

County Government Center
70 W. Hedding Street, San Jose
Available Every Thursday - 9:30am to 4:00pm
Employee Wellness Room, Lower Level East Wing (Entrance by the hallway next to Credit Union)

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 Wendy Watson at Wendy.Watson@asr.sccgov.org for any chair massage questions at this location.

FOR SANTA CLARA COUNTY EMPLOYEES

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