

Massage Therapy

for

**Sask Health Authority Employees, Affiliates and their Families
Located in the RUH Fitness Centre—Lower level Ellis Hall**



Massage has more benefits than just relaxation!

- ⇒ It counteracts all the sitting you do—relieves back, shoulder and neck stiffness and stress
- ⇒ It eases muscle pain—increases and improves circulation
- ⇒ It helps reduce anxiety and depression
- ⇒ It improves sleep through relaxation and reduced muscle tension
- ⇒ It boosts immunity
- ⇒ It relieves headaches

BOOK YOUR MASSAGE TODAY!

The Saskatchewan Health Authority is committed to providing healthy lifestyle opportunities at reasonable/reduced rates:

1/2 Hour: \$35.00

1 Hour: \$60.00

Receipts are provided and are eligible for reimbursement through your Health Insurance Provider

Peter Zemluk, RMT

Marina Dashkova, RMT

Call 655-6348 to book your appointment



**Saskatchewan
Health Authority**



saskhealthauthority.ca