

MASSAGE THERAPY

Back at the **YMCA!**



Meet: Amy Diemling,

Licensed Massage Therapist

Appointments:

Tuesdays from 3:00-6:00 PM

On the hour / 50 minute sessions

\$55 plus tax

Register at the Member Service Center

Benefits of massage therapy include:

Increase in Circulation; Decrease in Muscle Pain and Spasms, Increased Immunity; Better Range of Motion and Joint Flexibility, Decreased Stress and Anxiety, Helps Prevent Future Muscle Pain and Strain.

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

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YMCA

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