

# Community Chair Massage Series by Anita Hudson

In this workshop, participants will experience a stress reducing massage while sitting in a chair specially designed for this purpose. According to Shulman and Jones of the Touch Research Institute, massage helps reduce anxiety and depression and other aches.

*This program may be used only once per TAP member site.*

**Program Type** [Series](#)

**Time** 2 Sessions, 2 hours

**Audience Size** 15 max

**Language** English

**Audience** All Audiences

**Season** All Year

**Topic** Wellness

**Region** Statewide

**Program Contact**

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