

Chair Massage by Dierdre Davidson

Residents at your site enjoy benefits of fully-clothed chair massage combined with reiki and other modalities that promote relaxation. Massage has been known to relieve stress symptoms such as muscle tension and sleep loss. This program is wheelchair accessible. Congregate and appointment forum available.

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

Program Type Single

Time 2 hours

Audience Size 30 max

Audience Adults, Elderly/Disabled

Season All Year

Topic Wellness

Region Statewide

Program Contact

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