## Hand Massage Wellness

Residents will enjoy a 15-minute rejuvenating hand/forearm massage. Massage can reduce stress and bring an increased sense of calm.

Program Type Single Time 3 hours Audience Size 6 min - 15 max Language English Audience All Adults Season All Year Topic Wellness Region Statewide Program Contact Pamela Chiasson, Restorative Touch Massage Studio Phone 9788520270 Email pamela@rtmassagestudio.com