



Employee Massage Day

Boost morale with a massage day...on us!



This info pack is designed to give you detailed information about our **FREE MASSAGE DAY** for Your **EMPLOYEES** through our **COMMUNITY OUTREACH PROGRAM**

Attn: Human Resources Department

The Employee Massage Day is a community outreach program. It is turnkey and completely FREE to your company. This information packet is to introduce you to our outreach program and provide you with the necessary information and details to get started.

We are a local, state of the art health and wellness facility. Our mission is to help community members lead healthier lives and to be a resource to them.

The Employee Massage Day is marketing through touch! We select companies in our local community for a day of pampering and relaxation through massage. Your company has been chosen for this quarter and that means this community outreach event is totally FREE to your company. We feel that what goes around comes around and if your employees ever need us, they know us.

Massage removes interference and muscle tension from the body. We provide a relaxing and rejuvenating experience as a gift of health for your employees. The benefits contribute to a healthy work environment. It is a reward for your employees and it's free to you.

We bring in a massage therapist to set up ergonomic massage chairs on site for 2-4 hours, depending on the size of your company (larger companies may qualify for the service across a couple of days). We do all the work, you get all the credit!

We look forward to being of service to your company. The first step is to pick a date. If you have any questions about how to participate, please feel free to contact me personally.

Yours in health,

George Birnbach
Advanced Chiropractic, Community Outreach Assistant

What is an Employee Massage Day?

This is a day for you to give your employees a chair massage experience in the midst of their hectic day. We created this day to help you ease the stress with literally no cost to you. Rarely, do people treat themselves to the healing powers of massage. It is our community outreach service by marketing through touch. If any employee ever needs our services, they will know where to find us.

How much space do I need?

Good question. You need only a 6'x9' space. Because chair massage is so unobtrusive, it will not interfere with the day to day productivity of your business. This can be a conference room, lunch room, lobby or even reception area. We need only a small semi private place to set up our chairs. There is no disrobing or messy massage oils.

Why will my employees love it?

Most people love massage and just to have a short break in their routine to boost their morale is a win win for both you and them. They will appreciate you for providing them with this complimentary service.

What are the costs?

There are no hidden costs, just a complimentary massage date for you and your company. We pick up the tab! This introduces prospective clients to us so when they need health services, they will know who to call.

How do I book a date?

Easy. Pick a date in the next 8 weeks. Call me or email. I confirm the massage therapists and firm up the date with you. Then, I will send you out a sign up sheet and a flyer to post. Sit back, relax, and enjoy!



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How does a massage day benefit your company and your employees? Some of the immediate & long lasting cumulative health benefits of our services include:

- Reduced muscle tension
- Improved blood flow and circulation
- Increased energy, alertness and productivity
- Decreased stress and anxiety
- Improved mental acuity



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