

# WHEENK! HEALTH

## THERAPEUTIC MASSAGE SERVICES

WE ARE PROUD TO ANNOUNCE THAT MASSAGE THERAPY HAS RETURNED TO OUR GROWING MENU OF SERVICES AVAILABLE AT WHEENK. THERAPEUTIC MASSAGE CAN IMPROVE RANGE OF MOTION, REDUCE MUSCLE CRAMPING AND SPASM, GIVE RELIEF FROM DISCOMFORT AND PAIN, IMPROVE SKIN HEALTH, REDUCE HORMONE DYSFUNCTION CREATED BY STRESS, IMPROVE BODY AWARENESS, RELIEVE CHRONIC TENSION HEADACHES AND AID RECOVERY FROM SPORTS OR WORK-RELATED INJURIES.

**MARILYN HOFFMAN, CMT** HAS BEEN A MASSAGE THERAPIST/HOLISTIC HEALTH PRACTITIONER SINCE 1990. SHE IS A MEMBER OF THE AMERICAN ORGANIZATION BODY THERAPIES OF ASIA SINCE 1993. MARILYN SPECIALIZES IN DEEP TISSUE, TRIGGER POINT THERAPY, PASSIVE JOINT MOVEMENT, SPORTS MASSAGE, ACUPRESSURE, INJURY CARE AND PREVENTION AND MYOFASCIAL RELEASE. MARILYN IS AVAILABLE FOR APPOINTMENTS AND WALK-INS ON MONDAYS AND WEDNESDAYS.

**KEN RHODA, HHP, LMT** STUDIED NUMEROUS TECHNIQUES OF MASSAGE AT THE ACCREDITED CAMPUS OF SOUTHERN CALIFORNIA INSTITUTE OF INTEGRATIVE HEALING IN SAN JUAN CAPISTRANO, CA. HE IS PASSIONATE ABOUT HOLISTIC HEALTH AND IT'S POSITIVE EFFECTS ON THE BODY, USING BOTH EASTERN AND WESTERN PHILOSOPHIES. KEN DRAWS ON MULTIPLE TECHNIQUES TO FACILITATE A CLIENT'S RESTORATION OF A CALM AND VITAL SENSE OF WELL-BEING; WHETHER THAT MEANS RELIEVING CHRONIC PAIN AND STIFFNESS, RELAXING A STRESSED NERVOUS SYSTEM, OR INVIGORATING A DRAGGING SPIRIT. KEN IS AVAILABLE BY APPOINTMENT AND ON AN ON-CALL BASIS SEVEN DAYS A WEEK.

FOR A LIMITED TIME, WE ARE OFFERING YOUR FIRST ONE-HOUR MASSAGE FOR ONLY \$49! GIFT CERTIFICATES ALSO AVAILABLE.

SCHEDULE YOURS TODAY! 1.800.WHEENK (800.943.3651)

SHARED BY WHEENK!

LIKE THIS TIP? ASK AND DISCUSS MORE HEALTH AND INJURY QUESTIONS AT [HEALTH.WHEENK.COM](http://HEALTH.WHEENK.COM)

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**Wheenk! Physical Therapy**

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