

Workplace Massage & Wellness

"Sponsor a School"
program information

Workplace Massage & Wellness is Alaska's provider of mobile massage therapy and wellness services to businesses and special events. We have over 13 years of experience in promoting workplace wellness through massage and yoga.



Teachers, administrators and other school staff are some of the hardest workers in our community, and we at Workplace Massage & Wellness have a special place in our heart for them. We enjoy coming to schools, setting up our massage chairs, and providing some much-needed relaxation to these amazing people. PTA's, school-business partners, and community members are looking for a way to thank school staff and a visit from Workplace Massage & Wellness is the perfect gift! Based on our years of experience, we have created a special package for school settings. Here are the details:



What we provide:

- 2 Licensed Massage Therapists
- 32 sessions of 10-minute individualized seated massage
- All of our equipment and supplies
- 4 - hour visit (example: 10:00 am to 2:00 pm)
- Signup sheets and flyers
- Acknowledgment of sponsoring group

What we need:

- A space to set up in (conference room, office, etc.)
- Trash can
- Filled out signup sheets
- Helper to give reminders shortly before each session

Cost: \$544.00

(discounted 15% from \$640)

(Package details can be adjusted according to the needs of each school)

Massage therapy feels great and reduces stress and tension. Some studies have found massage may be helpful for: Anxiety • Digestive disorders • Fibromyalgia • Headaches • Insomnia • Soft tissue strains or injuries • Sports injuries • High blood pressure

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