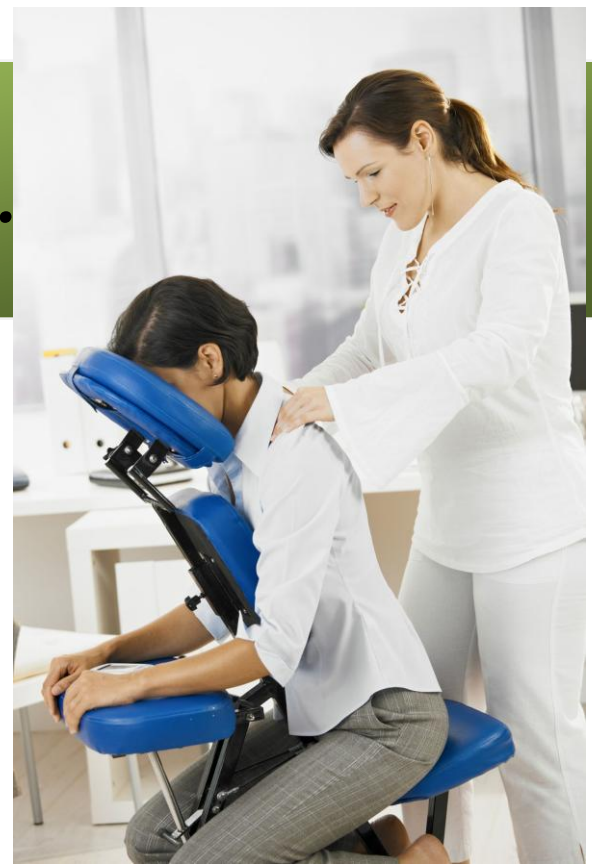


A few quality minutes... can make a world of difference.



On-Site Chair Massage has been utilized in the workplace for well over 20 years. Used to relax muscle spasms, relieve tension, and improve circulation, massage is a time-honored practice.

A powerful antidote to stress and muscle tension, massage will reduce fatigue, improve alertness, and motivation.

Active Living Chiropractic & Massage has been at the forefront of Wellness Care on the North Shore since 1997.

We utilize ultra-comfortable portable massage chairs and clients remain fully clothed. Our licensed and insured therapists perform work on the client's upper body, including the head, neck, shoulders, back, arms, and hands.

You'll be amazed at how much your employee's morale, motivation, and job satisfaction rate can soar.

For your convenience, we will provide the sign-in sheets with the designated time slots, on a PDF.



2 Hours (minimum)	3 Hours	4 Hours
\$180 – 1 Therapist - 11 people for 10 minutes each - 7 people for 15 minutes each	\$270 – 1 Therapist - 17 people for 10 minutes each - 11 people for 15 minutes each	\$360 – 1 Therapist - 23 people for 10 minutes each - 15 people for 15 minutes each
\$350 – 2 Therapists - 22 people for 10 minutes each - 7 people for 15 minutes each	\$520 – 2 Therapists - 34 people for 10 minutes each - 22 people for 15 minutes each	\$690 – 2 Therapists - 46 people for 10 minutes each - 30 people for 15 minutes each

We appreciate your consideration of **ALCM** for your next corporate wellness endeavor. Call us at 847-681-1920 for additional information, or to set up your event!

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ActiveLivingChiroandMassage.com