



The Employee Massage Event

Show your employees you care about their health. Take a look at this informational packet and give me a call to set up your next event. April at 402-334-1200

FAQ'S

What is Massage Therapy? Massage Therapy is a “hands on” treatment that is used to improve health through the manipulation of muscles and soft tissue.

What is an Employee Massage Event? An employee massage event is an enjoyable and relaxing massage event for all of your employees to participate in. Our licensed massage therapist will help relieve any of the day's aches and pains so you can return to work feeling stress free and rejuvenated!

How much does it cost? These events are **100% COMPLIMENTARY** for your company and employees. We do this to provide you with a fun and **FREE** event to break up monotonous work days while giving us a chance to get out in the community. There is NO selling, NO speeches. This is simply a community service that allows us to get our name out.

How long does it take? The sessions take no longer than a coffee break, so it will not interfere with your staff's production or work and they can return to work immediately.

Do my employees need to change in and out of their clothing? No, all chair massages are done **OVER** clothing, in our specialized chair. No messy oils are used, just a natural hand sanitizer used between each session.

How do I participate? A sign-up sheet is provided to you and is located at the back of this packet. Your employees can preschedule their 10 minute chair massage at their convenience. On the day of the event, they will receive their **FREE** massage during their appointed time slot. Immediately after, they are free to return to work while feeling more energized than before!

How do I book a date? To book a date for your Employee Massage Event, you can call April with Omaha Bodywork Studio at 402-334-1200. She will work with your schedule to find the best time to set up this **FUN and FREE** event for you and your employees!



What can Massage Therapy do for my Employees?

- * Increase employee retention
- * Improve employee morale
- * Decrease absenteeism
- * Enhance immunity, which means less sick days
- * Increase circulation
- * Enhance sleep quality
- * Provide greater energy
- * Improve concentration & focus
- * Improve overall productivity
- * Reduce stress
- * Reduce neck and back pain
- * Can lower blood pressure



The Set-Up....

Our Licensed Massage Therapist will come in and set up in the lobby, reception area, conference room, wherever you would like to hold the event. The space just needs to be big enough for the massage chairs, visible to the employees and of course unobtrusive to those who are working.

So what are you waiting for?

A happy employee is a productive employee -
Treat them to the break they deserve!



Omaha Bodywork Studio

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