Welcome!

Helpful Links

Customer Events

Meet Our Team

Scheduling Tips

Blog and Posts

Save The Date & Participate!

July 15-21, 2018

Every*Body* Deserves a Massage Week

PRIMARY REASONS FOR MASSAGE

Medical
- Pain relief/pain management
- Soreness/stiffness/spasms
- Injury recovery/rehabilitation
- Overall health & wellness

Relaxation/stress reduction

RESEARCH SHOWS MASSAGE THERAPY CAN

- Induce Relaxation
- Improve Sleep
- Boost Immune System
- Lessen Migraines
- Manage Anxiety & Depression

Visit our website at https://handsonhealthnc.com/ to learn more!

Featured Reviews

"I have found Hands On Health to be an integral and vital part of my healing journey from Lyme Disease over the years as I have struggled with this. I attribute much of my healing to the medical knowledge and extensive massage attention that I have received here."
-Anonymous

"I couldn't be more pleased with my experiences at Hands on Health. From the receptionist to each massage therapist I have utilized. They're incredibly professional, knowledgeable, and get phenomenal results. Not only are they my go to for massage therapy and muscle work but they're who I trust to send my patient's to as well. Without a doubt I'd recommend them!"
-Stephen Kosterman

Together Everyone Achieves More

Upcoming Drop In & Discover Events

SPCA OF WAKE COUNTY

BOYS & GIRLS CLUBS OF JOHNSTON COUNTIES

TAP UNLIMITED TRIANGLE APHASIA PROJECT

Thank You to those of you who attended this past season. Because of you we were able to donate $35 to Triangle Aphasia Project & $20 to SPCA Of Wake County

Learn Foam Rolling For Self Massage
$20//attendee (Donations go to TriangleAphasiaProject.org)
WED July 18 from 3:00 pm - 5:00 pm

TMJ Pain & CranioFacial Massage
$15//attendee(Donations go to TriangleAphasiaProject.org)
TUES August 7 from 10:45 am - 12:15 pm

Sign up for these events & find out about more by visiting www.HandsOnHealthNC.com/Events

FAQ Of The Month:
Can massage help Rheumatoid Arthritis?

Rheumatoid Arthritis most commonly affects the joints of the:
• Hands • Feet • Wrists • Elbows • Knees • Ankles

Massage therapy has been shown to help by

1. Reducing pain
2. Increased range of motion
3. Improved mood
4. Better sleep quality

Self-care, means taking a proactive role in treatment and maintaining a good quality of life

If you or someone you know are interested in learning self massage we encourage you to join us at our upcoming Drop In & Discover Class.

Self Care For Your Hands, Forearms, and Elbows

You can find more information by visiting
www.HandsOnHealthNC.com/Events

Health Awareness Month

Common Signs & Symptoms

- Complaints of painful knees, hands, feet, neck, or jaw
- Stiffness in the joints
- Swelling of a joint or joints
- Fevers with fatigue

You can find more information by visiting
https://www.curearthritis.org/juvenile-arthritis/

**JUVENILE ARTHRITIS**
A W A R E N E S S
M O N T H

Juvenile arthritis (JA) is a broad way to describe a variety of autoimmune and inflammatory conditions that can develop in children ages 16 and younger. We don't know yet why it strikes, and it can appear in many different ways.

Blog News : Preventative Maintenance

From our Blog: *5 Tips for Neck and Shoulder Care Between Massage Appointments*

People with neck and shoulder issues often have their pain return before their next massage appointment. Work, play and children all make demands on the body.

What can you do between professional massage appointments to take the edge off neck and shoulder pain? Here are some ideas. >>Read More
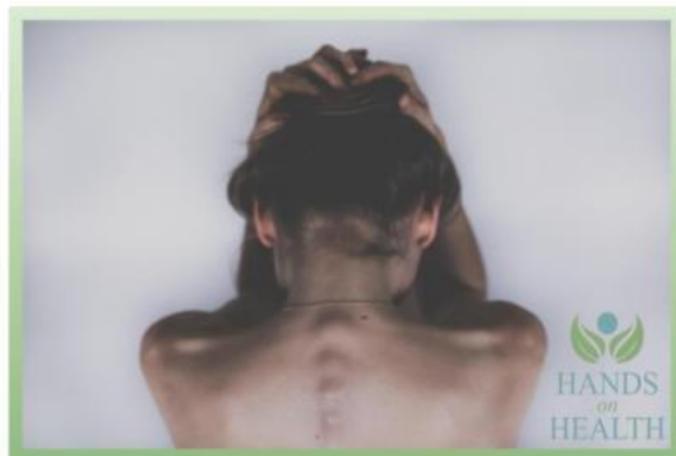
Hands On Health Opportunities

We're growing & looking for talented hands to join our team!

Do you or someone you know strive to be a part of a team of therapists who support each other? Meet client needs during time off and vacations? Assist each others treatment plans, and learn together when discussing case studies?

If you said yes, Contact Us and apply today

Stay In Touch

Click Here to Book Your Appointment Online

Hands On Health
Massage Therapy And Wellness
7980 Chapel Hill Road, Ste 125
Cary NC 27513

Ph: 919.854.9555
www.HandsOnHealthNC.com

See what's happening on our social sites: