

Welcome!



# HELPING HANDS

News and Updates December 2018

## Helpful Links



[Customer Events](#)



[Meet Our Team](#)



[Scheduling Tips](#)



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## Welcome To The Team!

*We are pleased that Nicole Bermeo has joined our Hands On Health Team.*

Nicole received her massage therapy certification in 2011. Two of her great passion's are working with people who have never received massage and working with those from the Latin community who are more comfortable speaking Spanish than English.



Learn more about [Nicole Bermeo LMBT #13040](#)

[Meet Our Team](#)

Schedule your next appointment today [Book Now!](#)

## Holiday Highlight



## Upcoming Drop In & Discover Events



Sign up for these events & find out about more by visiting [www.HandsOnHealthNC.com/Events](http://www.HandsOnHealthNC.com/Events)

### Learn Foam Rolling For Self Massage -

\$10 donation/attendee. Donations go to My Kids Club (formerly Boys & Girls Clubs of Johnston County) WED, December 12th, from 3:00 pm - 5:00 pm

### Make Your Own Gifts - Scented Balms & Creams

\$25 donation/attendee. Donations go to My Kids Club (formerly Boys & Girls Clubs of Johnston County) TUES, December 18th, from 10:15 am - 11:15 am

## Featured Reviews

A variety of therapists can help bring different perspectives for the most comprehensive healing.

Each one brings unique experiences to help us feel better. We've been going to Hands on Health for a decade and they are consistently fantastic!

- Tina W

Had a wonderful massage from Jean today. It was just what the body needed. She is highly skilled and very personable!

- Chelsey

Leave us a review on

● Facebook ● Google ● Yelp



## FAQ Of The Month

*"How can I help maintain my therapeutic progress?"*

**ELIMINATE** long periods of sitting & standing

**MINIMIZE** activities that aggravate your injury

**INCREASE** fruits and vegetables

**DRINK** WATER

**TAKE** our [DROP IN & DISCOVER](#) workshops

## Preventative Maintenance



## Blog News : Tips to Nip Holiday Stress

From our Blog : [5 Tips For A Happier Holiday Season](#)

Happy holidays! Happy 'getting stressed out, trying to do too many things and please everyone' season. Oh, wait. That's not promising.

Maybe this is the year to mix it up a little and make the holidays a little easier. [>>Read More](#)



## Stay active & give back by participating



Saturday December 15th

**Local Warmth** is collecting blankets to give back to the less fortunate.

If you have any old blankets (fleece, smaller, good packable) you'd like to donate feel free to bring them into the office!

## Stay In Touch

[Click Here To Book Your Appointment Online](#)

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[www.HandsOnHealthNC.com](http://www.HandsOnHealthNC.com)

See what's happening on our social sites:

