

Welcome!



# HELPING HANDS

News and updates January/February 2019

## Helpful Links



[Customer Events](#)



[Meet Our Team](#)



[Scheduling Tips](#)



[Blog and Posts](#)

## Save The Date & Spread The Word!

Thursday, March 7th

Stop in: 8-10am, 12-2:30pm, or 5:00pm-6:30pm



Hands On Health Classroom  
7980 Chapel Hill Road, Ste 125

RSVP: [Office@handsonhealthNC.com](mailto:Office@handsonhealthNC.com)  
Subject: Health Provider Meet & Greet

Learn More:

<https://handsonhealthnc.com/about/health-partners/>

## Spring Specials - Reflexology

(3) **One hour sessions** (\$204):that includes deeply relaxing hot towel compresses on the feet, soothing, moisturizing ointment as well as therapeutic balm on the feet, and a thorough reflexology treatment that is designed to relieve stress throughout the whole body.



With your participation, Tom will be doing a thorough case study on you, working towards a National Certification through the [American Reflexology Certification Board](#) - the highest credential recognized in this country.

\*\*Space is limited to 30 candidates for this 3 hour case study practical requirement, so only 30 of the discounted packages are available. This specific project is for Feet only.

Reflexology has been proven to  
O Improve sleep O Lower anxiety & depression symptoms O Lower blood pressure O Benefit prenatal women

## Upcoming Drop In & Discover Events



Sign up for these events & find out about more by visiting

<https://handsonhealthnc.com/events/>

### Pet Massage

\$10 donation/pet, Donations go to Wake SPCA  
TUES, February 19th 3:30 pm-4:30 pm  
\*\*Registration Required\*\*

TMJ Pain & Craniofacial Massage  
\$25 donation/attendee donations go to  
Triangle Aphasia Project  
WED, February 27th, at 3:00 pm - 4:30 pm

## Featured Reviews

Hands on Health offers top-notch massage therapy services. I've been going here for years for chronic back pain issues, and they have always been able to help me feel better.

- Rayna R

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

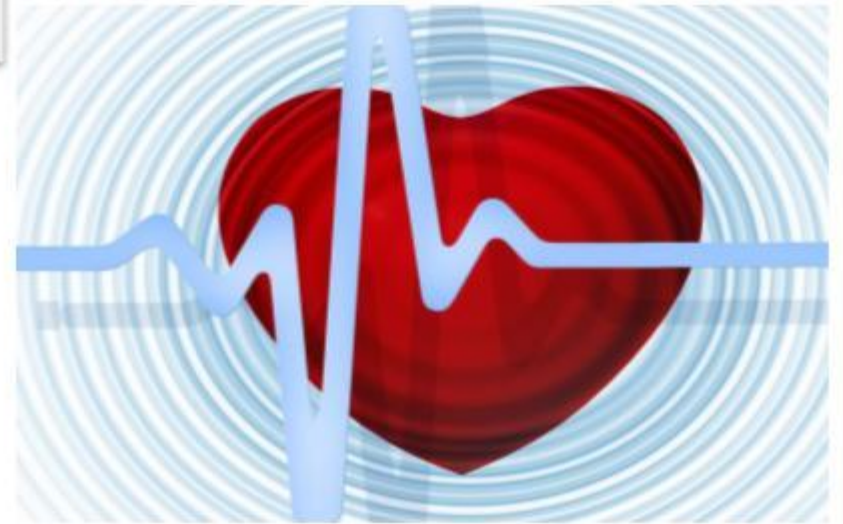


## Health Awareness Month : American Heart Month

*Did you know:* About 610,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths

**You can help prevent heart disease by practicing healthy living habits such as:**

Eating a healthy diet, maintaining a healthy weight, and getting enough physical activity



Read More by visiting: [https://www.cdc.gov/heartdisease/docs/ConsumerEd\\_HeartDisease.pdf](https://www.cdc.gov/heartdisease/docs/ConsumerEd_HeartDisease.pdf) ,  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health>

## FAQ Of The Month

***“What are the benefits of massage on the circulatory system?”***



Massage therapy can be a powerful addition to your healthcare regimen supporting the benefits listed below.

1. Increased Blood Flow
2. Improved Blood Pressure
3. Healthier Fascia

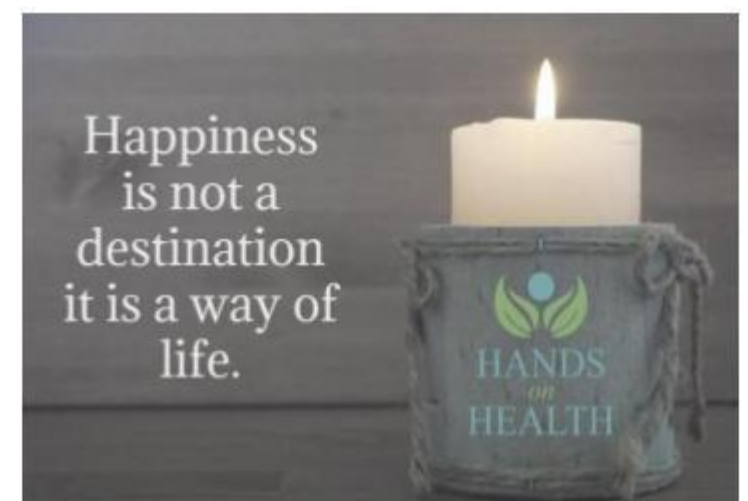
## Blog News : Improving health, life, and happiness

From our Blog : 3 Ideas To Help You Have A Happier Year!

The New Year is something of a clean slate. We start a new calendar, make resolutions, pop champagne, and a few days later, jump into a January of slightly elongating days with a fresh hope that this year we can begin again, and do it all better.

Here are some ideas, just a few little changes you can make to improve your health, life, and happiness over the next year.

[>>Read More](#)



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

See what's happening on our social sites:

