

Welcome!



HELPING HANDS

News and updates April & May 2019

Helpful Links



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Event Participants



Health Provider Meet & Greet

We would like to thank those of you who were able to join us at our 4th annual Health Provider Meet & Greet

Learn More About Our Attendee's :

- [Baby & Co](#)
- [City of Oaks Dental](#)
- [Amber Waves Counseling](#)
- [Kimberly Azevedo](#)
- [Par 4 Success](#)
- [TMJ & Sleep Therapy Centre](#)
- [Wake Spine & Pain](#)
- [Capital Biofeedback](#)
- [Petrichor Apothecary](#)
- [Evolution Physical Therapy](#)

- [Steps for Recovery](#)
- [Outten Chiropractic & Spinal Decompression Center](#)
- [Triangle Chiropractic](#)
- [The Well Carried Child](#)
- [Julie DeBenedetto](#)
- [Empower Personalized Fitness](#)
- [Essential Health & Wellness](#)
- [Evolution Physical Therapy](#)

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.**

Leave us a review on
●Facebook ●Google ●Yelp

We've been going here for years. Every employee knows their stuff. You tell them what you need worked and their expertise really shines. I always leave glad I made the trip across town and paid more than a \$49/month where every massage is the same no matter what ails you. Love this

place!

- **Erin L.**



Welcome To The Team!



We are pleased that Jasmin Hernandez has joined our Hands On Health Team!

She personally likes to focus on areas of concern v.s just general work. Setting goals and working together while having a strong professional and comfortable relationship is what I enjoy most about being a therapist.

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



Learn more about [Jasmin Hernandez](#)
LMBT #17562
[Meet Our Team](#)

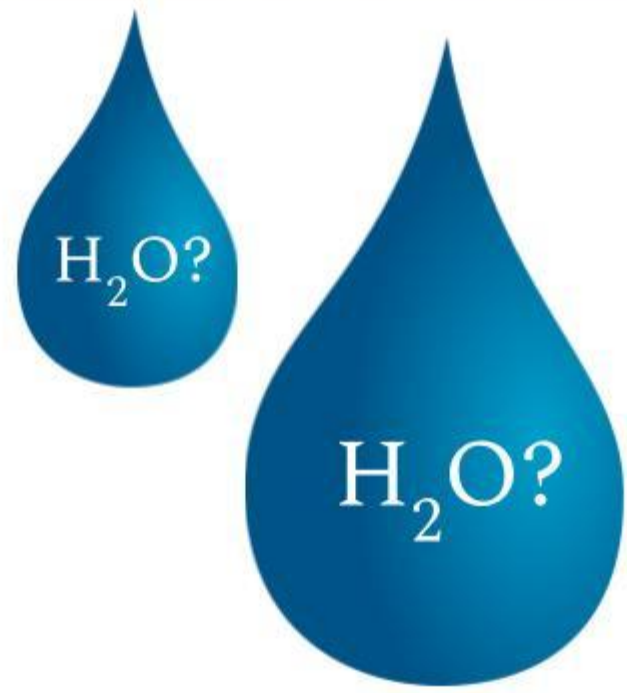
FAQ Of The Month :

“How much water should I drink?”

- ❖ About 15.5 cups (3.7 liters) of fluids for men
- ❖ About 11.5 cups (2.7 liters) of fluids a day for women

“Why should I drink more water?”

1. Helps maintain balance of body fluids
2. Water helps control calories
3. Water helps energize muscles
4. Water helps keep your skin looking good



Drop In & Discover :



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

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

Surviving The Tax Season
Complimentary Chair Massage
FRI, April 12th 9:00am - 8:00 pm
Registration Required

Learn Foam Rolling For Self Massage
\$20 donation/attendee donations go to
Triangle Aphasia Project
TUES, May 14th, at 12:30 pm - 1:30 pm

Podcast Highlight!



Tune into [episode 30](#) of "The Difference of 13". Our co-founder Laura was interviewed by Chris and Teri.

In this episode they dive into common questions and concerns about massage therapy and key tips about how to make the most of massage therapy.

Blog News : Tired Of Being Tired?

From Our Blog : Sleep To Improve Performance

Sleep should be one of the easiest, most natural responses to stress or dysfunction in the body, but a lot of people seem to be really bad at it.

Many times it's the first thing to get neglected when we have a big project or important event coming up, to give ourselves more prep time. Sadly, high quality sleep is the thing we need most of all when it's time to lean into the hard work. [>>Read More](#)



Stay In Touch

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

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