

Welcome!



HELPING HANDS

News and updates Winter 2019

Helpful Links



[Customer Events](#)



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Holiday Highlight



Gift Certificates
Purchase 4 and
Get the 5th FREE!
(Give some, keep some!)



Featured Reviews

Fantastic pressure point/sports massage from Jasmine today, she obviously really knows her stuff. My shoulder feels great and I would totally 100% recommend her.

Thanks so much, you're awesome!

- **Tom S.**

Leave us a review on
●Facebook ●Google ●Yelp

This is the best massage therapy location in Cary and in the RTP area IMHO. I have tried all the big names here.

All the therapists here have a medical / chiropractic massage focus. Sara is new to the practice. She is clinical, methodical and meticulous (in a good way). She finds trigger points and knots and takes them all the way up or down stream to fix them. What is really nice is that I don't have to talk at all. I tell her what I want focused on before we start and it is a done deal. No feedback required or guidance needed. I just sit back and let her do her thing. So glad she moved here from Colorado and has found an employer that fits her style.

- **Taylor K.**



Welcome To The Team!

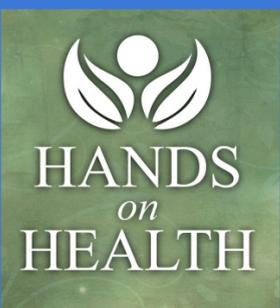
We are pleased that Sara Rusgrove has joined our Hands On Health Team!

Sara loves to listen to what areas her clients would like to focus on and just work on those areas that specifically need attention. She's a new mom with a 6 month old so she has a newfound passion to providing comfort and relief to prenatal and postpartum moms.

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



Learn more about
[Sara Rusgrove](#)
LMBT #18549
[Meet Our Team](#)



Save The Date & Spread The Word!



Health Provider Meet & Greet

Thursday February 13, 2020

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
Subject: Health Provider Meet & Greet

Learn More:

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

Healthy Happenings Around Town

6th Annual Suggly Sweater 5k

Come dressed in your "favorite" Ugly Sweater! Portion of proceeds from the race go to The Meg's Smile Foundation AND Zach's Toy Chest.

Bring your kiddos and your family to enjoy the fun run and then some fun festivities after you run/walk!

Sat, December 21, 2019 9:30 AM – 12:30 PM



Helping For The Holidays



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!

Welcome Back Jean!

We are happy to announce that Jean is back!

While she is still on the road to recovery she will have limited availability so act fast.

Her schedule will open back up today so go ahead and [book now](#).

*Hip Hip Hooray!
Hip Hip Hooray!*



Stay In Touch

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

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See what's happening on our social sites:

