

# Onsite Chair Massage:

*The effective, cost-effective & fun way to boost workplace satisfaction, productivity and attendance... (and reduce insurance claims).*

## Francie Ward CMT Certified Massage Therapist

### Massage to help people feel better!

Nationally Certified/Insured ABMP 851944  
CMT California 57473 LMT Oregon 16486  
Certified in Geriatric Massage, Chair, Spa,  
De-Griefing®, Deep Tissue, Hot Stone...



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**Chair Massage is clinically proven\* to reduce the most frequent and costly employee health issues:**

- **Stress & Depression:** Chair massage reduced by 26%<sup>+</sup>
- **Back/Neck & Repetitive Strain Pain:** Reduced 48%
- **Headaches:** Reduced 26%

**Plus, by increasing circulation, massage expands mental clarity!**

### About Francie Ward CMT & Massage Hands On:

I've been in Sonoma County since 2014, and certified in massage since 2008, after prior careers in business.

I've learned many massage modalities from great teachers, so draw from a wealth of techniques to benefit clients.

**How it works:** We come to your location, bringing massage chair(s) & materials.

**Try 1-hour free demo:** Your no-cost opportunity for up to 6 people to experience how massage makes them feel better.

**Cost:** 2-hour minimum @ \$70/hour per therapist. Recommended time for each chair massage is 15-20 minutes per person, but if your group needs tighter timing, we can schedule 10-minute sessions.



### What Clients Say:

*"Yesterday I could hardly move; today I'm 75% better, thanks to Francie. Now I can move without pain!"*

Laurie — Instructor

*"After the massage, I felt much more relaxed, with less tension, especially in my shoulders."*

Amy — Production Mgr.

*"I came in a lot of pain... old injuries flaring up, stress from my job (sitting too long and difficult people), but you made me feel a lot better."*

Richard — Van Driver

*"When you ran your fingers and hands down my neck and spine — I felt sudden let-go of tension!"*

Case — Database Mgr.

*"Awesome!"*

Sean — Programmer

*"I felt you made the effort to know the needs of what works for each person."*

Chris — Bookkeeper

\* from research conducted on employer-provided 15-20 minute chair massages.