

Zumbro Valley Mental Health Center

Massage Therapy— Massage Can Be Medically Beneficial

OVERVIEW

Did you know that massage therapy can be more than just relaxing? Studies prove that even a single massage has physical and emotional benefits.

Benefits of massage include:

- Relieves stress—a massage can significantly lower heart rate, cortisol levels and insulin levels—all of which can help reduce stress
- Encourages relaxation—massage has been shown to help the body enter a relaxing rest-and-recovery mode
- Improves circulation—the pressure created by massage therapy moves blood through congested areas, allowing new blood to flow in resulting in improved body function
- Relaxes muscles—massage gets to the root of persistent pain by relaxing tense muscles
- Relieves headaches—massage helps ease the pressure and pain from headaches and migraines, which can reduce the frequency of headaches



Students from the Minnesota School of Business massage therapy program will be available to help provide a variety of massage techniques. The focus of this effort will be to help participants relieve stress and alleviate pain through massage.

Format

Tuesday, January 17

9:00 a.m. – 11:30 a.m.

Maple Room, Zumbro Valley Mental Health Center main campus

Charge based upon ability to pay

Contact Information

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