

THE FACTS:

Stress on the job costs companies an estimated \$200 billion a year in reduced productivity, accidents, workers compensation claims, absenteeism, high employee turnover and increasing health insurance expenses.

In fact, employee burnout has been called "America's newest epidemic" while the **UN National Labor Organization** has labeled job stress as the "20th Century Disease".

THE SOLUTION:

By adopting a wellness program for their employees, companies not only benefit their workers, but also their bottom line.

The **National Institute of Occupation Safety and Health** defines a health-conscious organization as *one that has low rates of illness, injury, and disability in its workforce, and is also competitive in the workplace.*

On-site massage has been shown to increase concentration and alertness among employees, as well as reduce depression and anxiety levels.

ON-SITE CHAIR MASSAGE

On-Site Chair Massage is a short massage which comes to you, and is given by professional and certified massage therapists. Sessions last between 5 to 30 minutes and require no disrobing for the employee, or the use of oils.

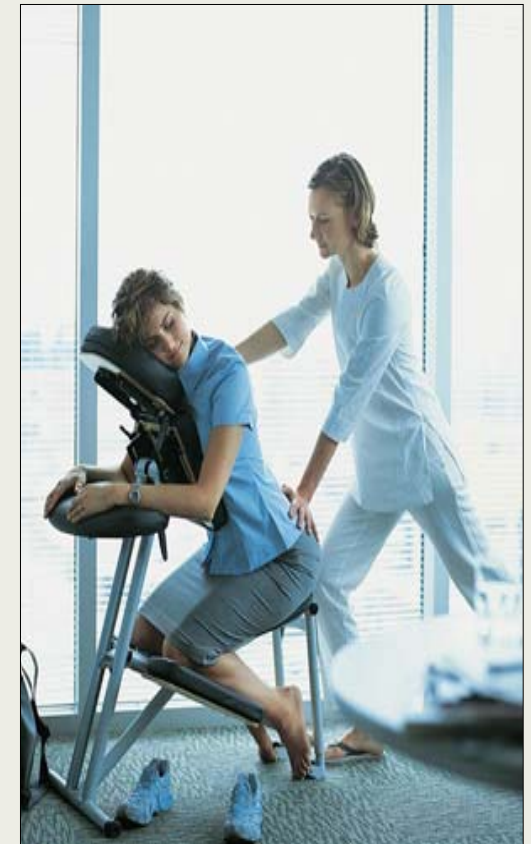
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*Massage For Better
Health and Well-being*

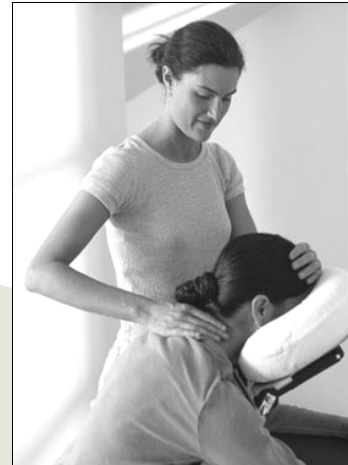
Massage Direct



- Reduce Stress
- Increase Productivity
- Decrease Absenteeism
- Improve Morale
- Reduce Injuries
- Foster Wellbeing

"I would like to thank you and everyone else that came as part of Massage Direct to our campus. Our students really enjoyed the variety and the friendliness of you and your staff. The massages not only were stress-relieving but also very relaxing! It was a pleasure working with you, guys, and I look forward to doing so in the future."

**-Denise Pelkey,
Loker Student Union/CSUDH**



Onsite Massage For Better Health & Well-being

In today's hectic world, where stress continues to be on the rise, consider therapeutic massage to help reduce the effects of chronic stress, reduce anxiety levels and boost morale! At Massage Direct, we can provide you with much-needed stress breaks in as little as 10 minutes!

Our massage therapists can come to your office* and provide your employees with massage designed to work out stubborn knots, relieve stress and reduce the effects of work-related injuries!

Massage in the workplace has been proven to **improve employee morale, increase productivity and creativity, reduce work-related injuries like carpal tunnel syndrome and decrease stress levels.**

Massage in the workplace also makes a wonderful incentive for valuable employees, and as a way of saying "Thank you" for a job well done. It's a great way to show your appreciation for valuable clients as well.

We can also provide your company massage services for conventions and conferences!

**We request a 3 hour minimum for all appointments.*

How To Get Started:

- **Assign a contact person** to help us set up a schedule, publicize the program and sign employees up. *Contact person helps publicize the program, sign up employees, and fax or email the sign-in sheet at least 24 hours before the designated date.*
- **Provide a space** for the massage therapists. A conference room, break room or a quiet corner will do fine.
- **Encourage employees** to use the massage service through announcements, and by using it yourself - to see the benefits of massage firsthand! *We can help provide you with flyers to publicize this wonderful benefit, as well as provide you with the sign-in sheets and additional materials.*

Please call (310) 291-5024 for more information.

You can also visit us online for resources on how to get your wellness program started.