

# How To Thrive At 105!

## Sunshine Massage Therapy for Seniors

### **Regular Therapeutic Massage Helps Maintain and Improve Your Strength, Flexibility, Coordination and Energy ... No Matter What Your Age!**

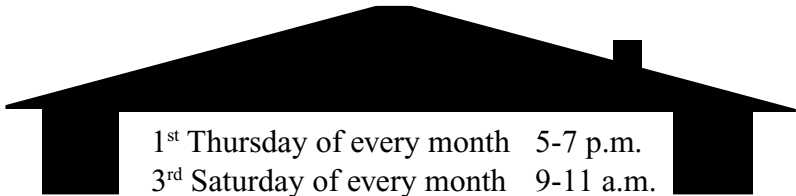
Although aging is unavoidable, physical and mental well-being need not deteriorate over the years. Exercise, good nutrition and consistent therapeutic massage accentuates and improves health—keeping your life active and enjoyable. Free yourself from unnecessary discomfort and debilitating resistance through therapeutic massage!

#### **Regular Massage Benefits You By:**

- Increasing flexibility in joints and muscles
- Strengthening blood and lymph circulation
- Enhancing capacity for clearer thinking
- Relieving muscle tension and stiffness
- Reducing blood pressure
- Tonifying muscles and skin
- Expanding range of motion
- Maintaining health
- Improving posture
- Decreasing stress

**Call Us For More Information: 505-555-9582**

**Come Get Acquainted At Our Open Houses**



1<sup>st</sup> Thursday of every month 5-7 p.m.  
3<sup>rd</sup> Saturday of every month 9-11 a.m.

1376 East Mission Bay, Sommerstate, NM 88061