

MANY BENEFITS AND USES

ENHANCE GENERAL HEALTH:

Therapeutic Massage can be an important component of your health, maintenance and wellness plan. It helps keep the body and mind functioning optimally.

ALLEVIATES PROBLEM CONDITIONS:

Therapeutic Massage can help relieve certain common physical problems, and help bring the body back to optimal functioning.

SUPPORT YOUR FITNESS OR SPORTS PROGRAM:

A Deep Tissue Massage that uses deep pressure and concentrates on specific areas reduces muscle tightness, discomfort, and pain.

COMBAT THE NEGATIVE EFFECT OF AGING:

Therapeutic Massage is effective in combating the negative effects of aging noticed in the middle to late years of life. It helps keep body tissue and basic functions in a more youthful state.

RELIEVES THE EFFECTS OF STRESS:

Therapeutic Massage help balance the effects of stress in our lives, and avoid stress related disease and dysfunction.

SPECIAL CASES:

Therapeutic Massage can help in certain temporary or long-term situations which cause unique physical and mental challenges.

COMPLEMENTS OTHER HEALTH CARE:

Therapeutic Massage is frequently used to enhance the beneficial effects of other types of health care.

ESPECIALLY BENEFICIAL OF:

Care-givers - for those who care for others.
Physical workers - for those who stress their bodies in their work or trade.

DESK WORKERS:

For those whose work involves long hours sitting at a desk using a computer, or talking on the telephone; or at a bench assembling parts, fixing things, or creating works of art.

TRAVELERS:

For those spending long hours sitting in an automobile, train or airplane, for example: commuters, sales people, business travelers and vacationers.

Massage Packages:

Seated

15 min... \$15

8 massages at \$100.00 (You save \$20)
12 massages at \$140.00 (You save \$40)

30 min... \$30

4 massages at \$100 (You save \$20)
8 massages at \$200 (You save \$40)
12 massages at \$300 (You save \$60)

Swedish

60 min... \$65

4 massages at \$230.00 (You save \$30)
8 massages at \$455.00 (You save \$65)
12 massages at \$650.00 (You save \$130)

75 min... \$75

4 massages at \$270.00 (You save \$30)
8 massages at \$520.00 (You save \$80)
12 massages at \$740.00 (You save \$160)

Sports/Deep Tissue

30 min... \$35

4 massages at \$120 (You save \$20)
8 massages at \$245 (You save \$35)
12 massages at \$350 (You save \$70)

60 min...\$70

4 massages at \$250 (You save \$30)
8 massages at \$490 (You save \$70)
12 massages at \$700 (You save \$140)

90 min... \$100

4 massages at \$345 (You save \$55)
8 massages at \$650 (You save \$150)
12 massages at \$900 (You save \$300)

Reflexology

45 min... \$30

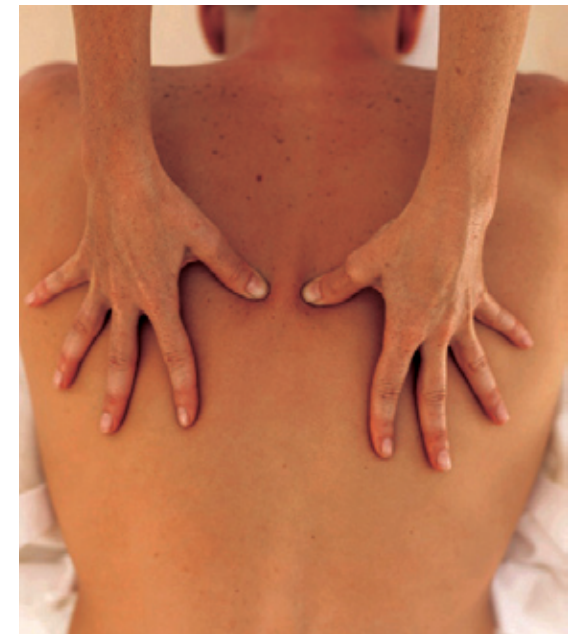
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**SOUTH CENTRAL
COMMUNITY SERVICES, INC.**

WELLNESS CENTER

"INVEST IN YOUR WELLNESS-INVEST IN THE LIFE OF A CHILD "



8545 S. Cottage Grove Avenue
Chicago, IL 60619
(773) 602-8161

www.sccsinc.org

Michael Platt, Chairman, Board of Directors
Felicia Y. Blasingame, President/Chief Executive Officer

ABOUT SOUTH CENTRAL

South Central Community Services, Inc. has been serving Chicago communities for more than thirty years with its commitment to improving the quality of life for individuals and families by providing quality mental health, educational, socioeconomic, and recreational programs and services. We currently offer 13 different programs and services from five facilities located throughout the metropolitan Chicagoland area.

The Wellness Center will offer services and provide programs that enhance the productivity of individuals and local businesses. South Central believes that having healthy employees is equal to increased production in the workplace. It is believed that workers with a high level of wellness are more productive on the job. Workplace wellness programs are said to cut down on worker's compensation claims, and reduce time off for employee illness and injury. Customized corporate wellness packages are available.

At South Central, when you "invest in your wellness, you invest in the life of a child." All proceeds from the Wellness Center and its programs will support the Agency's youth services programs.

For example:

- ❖ \$2,000 will provide for new rims and back boards in the Community Center gym
- ❖ \$2,500 will ensure Bidy Basketball players have uniforms
- ❖ \$2,500 will allow our Day Treatment basketball team to participate in the city-wide special education inter-mural sports league
- ❖ \$10,000 will help renovate our swimming pool...so summer campers can swim

SERVICES & PRICE LIST MASSAGE THERAPY

Seated Massage

Seated or Chair massage is a refreshing upper body massage given in a seated position while the client is fully clothed. The Massage therapist will use a chair designed specifically for this type of massage.

15 minute	\$15
20 minute	\$20
30 minute	\$30

Full Body Massages

Three types of full body massages will be offered. **Swedish Massage**-a head-to-toe massage that uses traditional European techniques of soothing strokes, kneading and soothing hand movements, that relieve the body of unwanted stress. **Sports Massage**-Sports Massage utilizes specific strokes to help athletes obtain maximum performance and physical conditioning by increasing power endurance and mobility both before and after an event or exercise. a **Deep Tissue Massage** is a massage that uses deep pressure, concentrating on specific areas to reduce muscle tightness, discomfort and pain. Full body massages will be offered by appointment at the South Central Wellness facility.

Swedish Massage

60 minute	\$65
75 minute	\$75

Sports/Deep Massage

30 minute	\$35
60 minute	\$70
90 minute	\$100

Relax The Back

Relax the back is a massage that focuses on the neck, shoulders, and back area using the Swedish and/or Sports massage techniques, depending on your needs.

30 minute.....	\$35
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Reflexology - A unique method of using the thumb and fingers to stimulate more than 7,200 nerve endings in each foot. These nerve endings correspond to all parts of the body, including organs and glands.

45 minutes . . .	\$30
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CORPORATE WELLNESS PROGRAM

We provide seated massage services to area businesses and individuals to help reduce the physical and mental effects of stress; help relieve tension headaches and stiff or sore muscles; and increase good feelings about the individual and the workplace. On-site massage is convenient, and proven to be highly effective in the workplace. Please call about our Corporate Wellness Packages.

PAMPER PARTIES

Our staff can create a relaxing fun evening that will include a variety of services and refreshments. Please call to arrange for your customized pamper party.

WORKSHOPS & TRAININGS

Our staff is available to conduct a variety of sessions focused on stress management and wellness. These can be conducted on-site at the workplace or at the South Central Wellness facility. Please call to arrange for your customized Stress Management Workshop.

FACILITY RENTAL

The Wellness Center is available as an event venue. Please call to arrange your customized event.

HOURS OF OPERATION:

Mon-Fri 9:00 - 6:00 p.m.
Saturday 9:00 - 5:00 p.m.
Sunday By appointment only

For more information or to schedule services, contact Pat Boone at 773-602-8161