

Wellness Connection

Come Join Shana Scott of **Wellness Connection** for Therapeutic Massage and Wellness Coaching. Shana has a B.S. in Health Promotion & Wellness and is a Nationally Certified and Licensed massage Therapist with over 10 years of experience.

Mondays and Tuesdays
Felker Community Center
10:00am-2pm
4:00pm-6:00pm



Thursdays and Fridays
Meridian Community Center
10:00am-2pm
4:00pm-6:00pm

She offers:

Therapeutic Massage

This utilizes clinical techniques such as sports massage, deep tissue, and neuromuscular therapy to release tight muscles, prevent and rehabilitate injuries. This style of therapy can also be tailored to just relieve stress, or relax body and mind.

Cost for Members

15 minute chair massage - \$15
30 minutes - \$40
60 minutes - \$60
90 minutes - \$90

Cost for non-members

15 minute chair massage - \$20
30 minutes - \$45
60 minutes - \$65
90 minutes - \$95

Wellness Coaching

This is for adolescents, adults, and seniors. These sessions are designed to help you achieve goals related to a variety of health concerns. Through a thorough analysis of health history and lifestyle habits, we will create a plan of action to assist you in making positive changes for a healthier quality of life.

Cost for members

\$30 (hour session)

Cost for non-members

\$40 (hour session)

Contact Shana at (678) 635-5674 to schedule appointments