



STARK STATE COLLEGE

massage therapy clinic



You know you deserve it.
Relax, unwind and rejuvenate
with a massage.

Also soothing: the low cost. Stark State's massage therapy clinic offers massages by trained students applying their knowledge and skills in a supervised setting. Schedule an appointment today – just \$20 for 50 minutes.

Benefits of massage therapy

- | reduces tension, alleviates stress
- | restores health muscle function
- | lowers blood pressure
- | reduces pain
- | increases range of motion in joints
- | improves immune function
- | regulates healthy nervous system function
- | facilitates healthy elimination of toxins
- | helps create balance in all body systems
- | ... and it feels great

Community involvement is also part of our mission. Our massage therapy program offers complimentary massage services to nonprofit groups that qualify.

For more information about group or individual massages, call 330-494-6170, ext. 4725 or email mvoina@starkstate.edu.

starkstate.edu/massage

For all Stark State College programs starkstate.edu/academics



about your massage

The student providing your massage will lead you to a private, curtained area and tell you what to expect during your massage session.

You'll undress to your level of comfort, position yourself on the table and cover yourself with the sheet provided. The student will ask if you're ready before entering the room.

The student will uncover only the part of your body being worked on at the time – your modesty will be protected at all times.

Remember, it's your massage, so feel free to give feedback to the student about your needs and comfort with the pressure being used. Also, remember to relax and enjoy the experience!

When the massage is finished, the student will leave you alone to dress and meet you in the waiting area where you'll fill out a student evaluation form.

become a massage therapist

Stark State's massage therapy options – a one-year certificate or an associate degree – offer primarily weekend classes so you can continue working while pursuing a massage therapy education.

Choose a full-time or part-time massage therapy career, conveying a sense of caring in a healing environment as you make a difference in others' lives. You'll be a valued member of a health care team in helping treat illness and chronic ailments and providing relaxation and stress reduction for clients.

Jack Beacon, LMT

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