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## **Medical Massage**

Date and Time

Thursday 8/9/2018 11:00am to 12:00pm

Event URL

[Medical Massage](#)

Event Region

Charlottesville Area

Event Type

Forum

RSVP Info

434-974-7756

Event Cost

\$0.00

Event Description

Explore the benefits of Medical Massage - Massage is often associated with a spa treatment or something to do leisurely for relaxation. While this is definitely one of the advantages of getting a massage, there are many other reasons why a medical massage is a health benefit. Some benefits of receiving medical massage therapy: stress relief, pain relief, inflammation reduction, increased energy, improved digestion and more. Join a licensed massage therapist for this very informed presentation. Free and open to the community.