

Massage Therapy benefits & availability

Get fit. Stay healthy. Be rewarded.

Benefits Often thought of as a luxury, the face of massage has been changing. You can still get a relaxing massage treatment in a spa, but massage is more than just a way to relax. It's being used in more and more clinical settings. Hospitals and medical doctors are beginning to recognize its benefits. Medical massage is becoming more common place in clinical settings across the world.

Reward Whether you are an avid believer or just want to try the effects of a good massage, contact Employee Wellness (Mcn) and request a \$10 off coupon (Coupon may only be used by Mercer employees. Bearcard must be presented at the time of service.)