



*Back by popular demand:*

## 10 Minute Chair Massage Sessions with certified local massage therapists

February 9th, between 1-4pm, MVR 153

Sign up for your time slot in the PAM Main office, 120 MVR.

Massages are *free*, but if you are a no show,  
it'll cost you \$10 if you can't let us know before 10am that day (email eo73 & arh2)



*Also on that day:*

## Desk Yoga with Erin Oates, our own certified yoga instructor

Noon - 12:30pm, MVR 153

