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Caring Hands for Life!



A Beautiful Bouquet of Spring Reminders!

March 2023: We are all aching for warmer weather, some of us quite literally from all the shovelling! Hopefully, Spring is right around the corner. In the meantime, here's a colourful bouquet of spring reminders from me to you.

Gift Certificates are now available online! Not able to stop by the office to pick one up? No problem! You can purchase one anytime online [here](#). Mother's Day is Sunday, May 14. Massage Therapy is the perfect gift for all the hard-working Mama's in your life!

Massage Services

- Therapeutic/Relaxation Massage
- Hot Stone Massage
- Indie-Style Face and Scalp Massage
- Pregnancy Massage

Slip, slide or glide your way over to my website for all the delightful details. And remember, self-care is important too. Email me to [book an RMT appointment](#) for yourself while you're there, then give yourself a pat on the back!



Now that Mr. Nolan has started daycare, I have added availability, so watch for the **Last Minute Massage Club** emails and snag a spot if you see one that matches your schedule.

Not on the list? You can subscribe anytime [here](#).

Direct Billing for Insurance is available at my new location. If you are not already signed up, send me an [email](#) and I can set you up for your next appointment.



Social Media: Instagram

Please [follow me on Instagram](#). I will be providing updates on this platform. I have posted stretches and exercises that you can do at home like neck and shoulder exercises, breathing exercises,, how to master the cat/cow pose. Is there something you'd like to see? Let me know during your next appointment.

Questions?

Should you have any questions or concerns please contact me: emilyberridgermt@gmail.com

Need an appointment? Email me to book your next treatment!

Contact:

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