

## Massage Therapy

Some benefits of massage include: Acute/Chronic Pain Management, Improved Circulation, Postural Imbalances & Nerve Entrapment, Fibromyalgia & Arthritis, Migraine/Headache Pain, Sleep Disturbances, Stress, Anxiety & Nervous System Functions, Improving Muscle Tone, Immune System Function & Digestive Problems, Muscular Atrophy & Paralysis, Carpal Tunnel Syndrome, Fractures, Sprains & Repetitive Injury, Sciatica & Nerve Pain and more.

Massage Session Fees**Plus Tax				
20 Minute Chair Massage-\$15.00**				
30 Minute	45 Minute	60 Minute	90 Minute	**Plus Tax
\$30.00**	\$40.00**	\$48.00**	\$65.00**	

**Any question please contact the front desk  
419.523.5233**

**To schedule an appointment please contact:  
Anthony Morman- 419.615.9361**

## Meet Our Massage Therapist

### **Anthony Morman**

Licensed Massage Therapist (LMT) & Certified Personal Trainer



Tony is an experienced licensed massage therapist. He has been a licensed massage therapist since 2004. His massage styles range from relaxation massage to deep tissue massage. Tony has practiced with local chiropractors and area businesses. Tony is a proponent of massage for relieving physical as well as emotional stress, and strongly believes in massage as a viable modality for enhancing overall health and well-being.

Tony also has been certified as a personal trainer for 13 years! He follows a comprehensive personal fitness regimen built around resistance training, weights and cardiovascular training. He has a strong background in muscle mechanics and utilizes this knowledge to individually tailor workouts to help meet client's needs & goals. After establishing the goals and objectives with his client, Tony will dedicate each training session to not only achieving these goals but pushing his clients beyond their comfort zone to realize their full potential and obtain the level of fitness they desire.