

## BIOMETRIC SCREENINGS, WELLNESS SERVICES & GROUP ACTIVITIES

[Register on-line](#) for the following biometric screenings:

- **Glucose Level**
- **Blood Pressure**
- **HDL Cholesterol**
- **Total Cholesterol**
- **Body Mass Index**

The following wellness practitioners will be holding ongoing sessions:

- **Hand or Foot Reflexologists** – [Sign Up Online!](#)

If you have ever been curious about reflexology, take advantage of these free 10 minutes sessions. Reflexology is a gentle and valuable massage option that helps release sluggish energy and aid in relaxation. Come have hands or feet stimulated by applying pressure which will promote relaxation, improve circulation and encourage the body to heal itself.

The [benefits](#) of reflexology may include its ability to stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, eliminate toxins, stimulate the central nervous system, and prevent [migraines](#). For more information, see <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/what-is-reflexology/faq-20058139>

- **Chair Massage Therapists** – [Sign Up Online!](#)

Research shows even just 10 minutes of massage can decrease your heart rate and blood pressure. Massage can also provide a number of other benefits, including:

- Better sleep
- Less stress and anxiety
- Reduced muscle tension
- Increased immunity
- Musculoskeletal pain relief
- Increased range of motion

During your chair massage, you will sit in a special chair that supports your entire body. You can remain fully clothed as your massage therapist works on your shoulders, neck, arms, back, and hands.

The following group activities will be taking place:

- **Guided Breath Meditation** – [Sign Up Online!](#)
- **Body Scan Meditation** – [Sign Up Online!](#)
- **Chair Yoga** – [Sign Up Online!](#)