

Massage Therapy with Nisqually Health, Fitness, & Nutrition

Every other Thursday
& 2nd Tuesday of the month

SYDNEY CROUCH IS A LICENSED MASSAGE THERAPIST. FORMER HAND AND STONE THERAPIST, NOW OWNS HER OWN TRAVELING BUSINESS AND WE WERE FORTUNATE TO HAVE HER CONTRACTED FOR OUR PEOPLE.



Benefits of Massage Therapy:

- ~Reduce Stress, increase relaxation*
- ~Reduce pain and muscle soreness*
- ~Improve circulation, energy, & alertness*
- ~Plus much more to improve your health!!!!*

To Schedule Please Call Kareem Gannie, NHFN Manager:

360-455-5213