



# THE REQUISITIONER



## April 2007 Workshop & Dinner Meeting

Wednesday, April 11, 2007

LeMoyne Manor  
629 Old Liverpool Road  
Liverpool, NY

4:00 – 5:15 pm – Workshop

6:00 pm – Dinner Meeting

*Please RSVP Maryannr@aclsmail.com*



## "The Art of Massage"

Diane Sponsler, LMT and Tim Bryant, LMT

**This is an interactive workshop with massages given to all participants. Come join us and relax.**

*~ How Massage Can Help You ~  
~ Stress Reduction ~*

People who live hurried lives or face difficult situations accumulate stress in our bodies. How this stress shows itself varies - for some it's acid stomach, for others, headaches, for many of us, neck, shoulder, and back pain.

What is clear is that we need to find ways to release stress or it can lead to injury and illness and decrease our enjoyment of life. Skilled massage therapy identifies those areas where stress has taken up residence in our bodies and helps you reduce muscle tension in those areas, as well as the overall level of stress and tension in the body.

Scientists have measured levels of stress hormones in saliva and found significant reduction in people who have received massage. Every day clients tell us that they haven't felt this good in years.

### Dinner Meeting "The Art of Massage"

Diane Sponsler, LMT and Tim Bryant, LMT

This will be an informational session only.  
No massages will be given.

The Art of Massage is a full service massage therapy practice that has been serving Central New York since 1997. The staff of NYS Licensed and Nationally Certified Massage Therapists can help you experience the relaxing and stress relieving benefits of massage. Thousands of athletes, accident victims, students, parents, and others like you have found a unique experience of relaxation and relief