



Therapeutic Massage

Our skilled therapists offer a range of personalized treatments. Each session will be designed based on the diagnosis and goals of the individual. Multiple times and locations are available to suit your needs.

Specialty Massage

- ▶ Medical Massage
- ▶ Manual Lymph Drainage
- ▶ Chronic Neck/Back Pain
- ▶ Myofascial Release
- ▶ Deep Tissue
- ▶ Trigger Point Therapy
- ▶ Migraine Relief
- ▶ Fibrosis/Scar Tissue Management
- ▶ SI Joint Dysfunction

Schedule by calling

(585) 482-5060

Email:

info@wellness360fitness.com

*Convenient
Online*



191 W Main St, Webster ▶ 1328 University Ave, Rochester

📞 585-482-5060

www.wellness360fitness.com