



**A
stress-free body
frees you to
be your *best*.**

Improve Office Ergonomics

Our digital world has us spending more time than ever in front of the computer and hunched over a desk. While technology makes the world go 'round, it also puts kinks in our backs and strains in our necks. Repetitive motion and awkward body positioning at workstations will be improved with a Pain Away Massage Ergonomic Evaluation.

Increase Productivity

When employees are comfortable in their workspaces, productivity increases. Increased productivity results in higher company revenue and profitability. Happy employees are productive employees.

Decrease Stress

Stress is the primary catalyst for most of our physical ailments. A stressed body stresses the mind, and vice versa. When stress is lowered, overall health improves. Massage therapy and an ergonomically correct workspace can do just that.

Create a Positive Work Environment

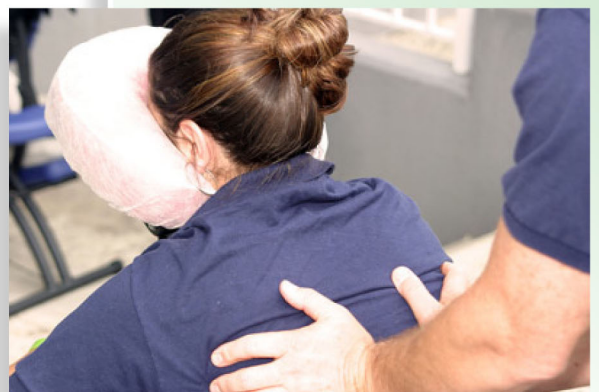
Everyone loves a positive work environment—employees, employers, and the clients they serve. The quality of our professional relationships determines our associations with work. Employee enthusiasm boosts organization performance. The greatest way to show your staff you care is by taking interest in their health and wellbeing.

Massage Specialties

- Deep-tissue
- Sports
- Swedish
- Oscillation
- Reflexology
- Cranial
- Relieving head, neck, and foot pain



Pain Away Massage
949-566-4008
www.painawaymassage.com





We call carry our stresses in our back, neck, and shoulders. Spending a lot of time at an ergonomically incorrect workspace can further perpetuate these aches and pains. But, it doesn't have to be this way.

Your business thrives when your employees are happy, healthy, and productive.

For more than a decade, Pain Away Massage has been providing companies with ergonomic assessments and on-site massage therapy. We help create and promote healthy, safe, and comfortable working conditions by reducing ergonomic hazards and rising workers' compensation claims.

Pain Away Massage will help you:

- Increase Productivity
- Decrease Stress
- Improve Office Ergonomics
- Create a Positive Work Environment

Ergonomic Evaluation

FREE!

Pain Away Massage is offering a FREE Ergonomic Evaluation of your workplace. Call us today to schedule your thorough, 25-point ergonomics assessment. 949-566-4009.



Ed Knighton is a licensed California massage therapist. For 15 years, he has helped improve the health of a variety of individuals with various ailments. Ed graduated from California Healing Arts Massage College in 2000, is OSHA-certified in Office Ergonomics, and holds a Master's Degree in Rehabilitation from California State University, Los Angeles.

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