

# Employee Pamper Event

By Discover Health and Wellness;  
Volunteers for The Elevate Foundation



## What is an Employee Pamper Event?

The Pamper Event is a fun and relaxing event for all of your employees to participate in. Imagine the smiles on everyone's faces when you tell them you scheduled a massage therapist to come in and provide free chair massages!

## How much does it cost?

The Employee Pamper Event is **100% COMPLIMENTARY**. We are passionate about health education and serving our community. Our Doctors & staff volunteer their time & talents through the Elevate Foundation, a 501(c)3, to encourage true health care.

## How do my Employees Participate?

An electronic sign-up sheet is provided in advance to pre-schedule 15-minute time slots. Each employee gets 5 minutes to discuss symptoms and ask health questions and then 10 minutes to enjoy a chair massage where the therapist will work their magic.

## Why should you have an employee Massage Pamper Event?

Stress in the workplace can result in reduced productivity, accidents, compensation claims, absenteeism, employee turnover, and higher health insurance and medical expenses.

## Pampering your staff with on-site chair massages can help because it:

- Reduces muscle tension
- Calms the nervous system and increases circulation, which boosts energy and alertness
- Helps employees identify and release tension on their own before it becomes a problem
- Provides a complete change of pace so the body and mind can relax and rejuvenate
- Increases ability to perform mental and physical tasks
- Increases productivity and energy
- Decreases tension and fatigue

## How easy is it to book a date?

Super Easy! Call or email **Dr. Branden Teets** and we will find a date for your team.

[drteets@dhw-lonetree.com](mailto:drteets@dhw-lonetree.com)

**303.799.9894**