



Sutherland-Chan School of Massage Therapy

# *Pregnant and need a massage?*



## **Pregnancy Massage** *is safe and effective.*

Our student treatments are supervised by instructors who are experienced Registered Massage Therapists and all appropriate precautions are taken. These Pregnancy Clinic treatments are *amazing!*

## **Pregnancy Massage Benefits**

- Improved relaxation and sleep
- Relief of muscular aches and pains
- Reduction of swelling
- Improved posture
- Relief of breast tenderness



Appointments available  
(1-hr treatment):

**Wednesdays**

**4:30 • 6:00 pm**

January 22 – February 12

**Tuesdays**

**5:00 • 6:30 pm**

March 17 – April 21

*Book for yourself.  
Tell your pregnant family  
members, friends and clients.*

Phone for an appointment:

**416-924-1107 ext. 10**

330 Dupont Street, Suite 400  
Toronto, ON M5R 1V9

(1 block west of Dupont Subway Stn)

[sutherland-chan.com](http://sutherland-chan.com)

**\$20.00**