

# Bodywork For Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC  
Services Provided by Jennifer St. Denis, MPT, LMT  
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## Fall '07 Newsletter

The excitement is in full swing, the doors are open and clients are feeling good! Bodywork for Wellness opened our doors on September 19<sup>th</sup>, 2007. If you have been thinking about getting some manual physical therapy or would like to treat yourself to a massage please call to set up an appointment.



Appointments are available:

Mondays 10 – 6

Wednesdays 9 – 3

Thursdays 11 – 7

## October is National Physical Therapy Awareness Month and October 21<sup>st</sup> – October 27<sup>th</sup> is National Massage Therapy Awareness Week

Join me for an open house. Bring a friend to see the new office and learn about Manual Physical Therapy and the benefits of Therapeutic Massage. Complimentary 5 minute chair massages will be available. Bring a non-perishable food item to be donated to the Regional Food Bank of Northeastern New York and be entered to win one of two FREE 60 minute massages. Refreshments provided.

**OPEN HOUSE: Monday, October 22<sup>nd</sup> 6:30 pm – 8 pm**

**Wednesday, October 24<sup>th</sup> 3:30 pm – 5 pm**

## Gift Certificates are Now Available!

Why not get the holiday shopping started early and give the gift of wellness. Treat your loved ones with an hour massage or introduce someone to a manual physical therapy treatment. Purchase a gift certificate today.

## Helpful Wellness Hints: The Importance of Water

(Source [www.freedrinkingwater.com](http://www.freedrinkingwater.com))

Water is the most essential element to our survival, next to air. In fact, all the cell and organ functions depend on water for their functioning. Water helps in the daily maintenance of our bodies, and plays a key role in the prevention of disease. Drinking eight glasses of water daily can decrease the risk of colon and bladder cancer by up to 45%.

Water makes up more than two thirds of the human body. The human brain is made up of 95% water, blood is 82% and lungs 90%. A 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic math, and difficulty focusing on smaller print, and daytime fatigue. An estimated seventy-five percent of Americans have mild, chronic dehydration. **\*\*\*Water is especially important after bodywork is done. Water flushes your system so your body can get rid of toxins released thorough bodywork. It's never too late to add more water to your life so drink up.**

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

**518-424-6487**

[Bodyworkforwellness@yahoo.com](mailto:Bodyworkforwellness@yahoo.com)

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