



Free CHAIR MASSAGE

JUNE 26 - AUGUST 24
TUESDAYS, THURSDAYS, & FRIDAYS
4:45PM-8PM // SRC SOUTH 2ND FLOOR
SIGN UP BY 4:45 PM, SPOTS FILL UP FAST!

Bring Chair Massage to your organization or department!
Contact jescelyn.villarreal@ucr.edu or
call (951) 827-4472 to book your event today!



#UCRFitHappens

be well STUDENT HEALTH AND WELLNESS SERVICES

    @UCRSRC
RECREATION.UCR.EDU

UCR | Recreation

BE LESS STRESSED

BE WELL

FIT
HAPPENS
WITH
FITWELL
AT THE STUDENT RECREATION CENTER

30-MINUTE CHAIR MASSAGE

Treat yourself
with a long and
relaxing break!

- > \$35 for SRC members
- > \$45 for non members
(must be eligible for SRC membership)

Register at the **Student Recreation Center** front counter. Visit [RECREATION.UCR.EDU](https://recreation.ucr.edu) for more information.



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BE ACTIVE

BE WELL