



Massage Chair Program for YOU!

Come take a break and let the stress wash away while you enjoy the wellness benefits of a 5-minute massage in a massage chair!

Live Well Be Well massage chair pilot program is possible because North Valley Kaiser Permanente Leaders genuinely are committed to supporting your wellbeing.

Where: Sierra Gardens, Nov. 2-Nov. 22, CR1095

Where: Roseville Med. Center, Nov. 26-Dec. 30, MOBII CR461

No sign ups needed. Available first come first serve.