



Massage Chair Program for YOU!

We invite YOU to 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.

When: November 26–December 30

Where: Roseville Med Center: Building C, 4th Floor Conf. Room 461

Access via the back hallway

Hours: Open 24/7

No sign ups needed. Available first come first serve.