



2025 Massage Chair Program for YOU!

Give yourself the gift of relaxation. 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 are genuinely committed to supporting your wellbeing.

When: February 4–February 27

Where: Lincoln MOB, Conf. Room 106A, 1st Floor

No sign ups needed. Available first come first serve.