



Relaxation Is a Beautiful Thing

6 Benefits of a Massage

- Alleviates lower back pain
- Promotes tissue regeneration
- Improves range of motion
- Relieves migraine pain
- Enhances immune system
- Lessens depression and anxiety

Sigh Massage

601 S Canyon Blvd. | John Day
541-620-2027

60-Minute
Massage
Only \$55

Tension? Joint Pain? Chronic Headache?



Chiropractic care can help you get to the root of your symptoms without potentially harmful drugs or surgery.

**CALL NOW FOR YOUR APPOINTMENT
AND START GETTING RELIEF!**

BLUE MOUNTAIN
Chiropractic Health Clinic

541-575-1063

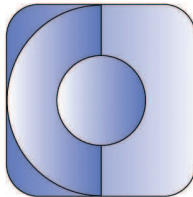
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Bend, Oregon 97701

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**Central Oregon
Radiology
Assoc., P.C.**

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corapc.com



- **QUALITY**
- **EXPERIENCE**
- **SERVICE**

**EXCEEDING
OUR PATIENTS'
EXPECTATIONS**