

Friday Be Well **Happy Hour**

LIVING  WELL

: health & wellness center :

4801 Frankford Rd, #200, Dallas, TX 75287

Get happy ♦ Be calm ♦ Feel great!

De-stress from your workweek with the
amazing services at Living Well:

Our Happy Hour Team is

Melody Brummett, Registered Massage Therapist

Nancy Cosaro, Licensed Acupuncturist

Betty Murray, Certified Nutritionist

Jenny Bair, Professional Organizer & Life Coach

Friday, July 17th & 24th

4:00 pm – 7:00 pm

Package 1: Massage and Acupuncture \$35.00

This is a great introduction to the calming effects of
acupuncture and massage. You'll feel less stressed and
more relaxed, guaranteed!

You'll sit in a comfortable chair with just 5 acupuncture
needles inserted for about 25 minutes,
then move on for a **10-15** minute chair massage.

Cost: \$35

Package 2: Stress Assessment & Metabolic Analysis, \$35.00, for all four services \$65.00

Stress can affect all aspects of your life so find out where you are at in those areas and some tips to live with more clarity and calmness. Also, stress affects our body and creates dis-ease so find out if your stress is affecting your metabolism which can affect your weight and mood.

***Please set your appointment time with Ty at
972.930.0260***

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www.livingwelldallas.com