



# Free Massages for All SWOSU Employees!

Southwestern Oklahoma State University

## Description

Announcement of Free Massages for All SWOSU Employees event.

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## Free Massages for All SWOSU Employees!

Hello All!

The SWOSU Wellness Initiative would like to make your holidays a little less stressful with a massage!

We have a group of six masseuses coming to our campus two days next week, Thursday and Friday, the 14<sup>th</sup> and 15<sup>th</sup>, to give **free massages to all SWOSU employees who are on our BCBS insurance program**. All you have to do is sign-up!

Massages will be 15-20 minutes long, through your clothing, on a massage table set-up in the Wellness Center. Sign-up times begin at 9:00 am and end at 3:00 pm with a 30-minute lunch break.

Hurry to get your name on the list! Click on the link, find the tab for the date (bottom left corner), and time you want to come in. Type your name and phone number in the time slot you prefer. First come, first served!

[Massage Sign-up List](#)