



TAKE CARE MASSAGE & WELLNESS PRESENTS

# WNY SENIOR WELLNESS PROGRAM

Caring for those who cared for us



Topics We'll Cover

# Our Talk Today

- Who We Are
- Our Mission
- Who We Service
- What We Offer
- Benefits
- Plans
- Scheduling

# About Us.

Serving WNY since 2019

## Take Care Massage and Wellness

IT'S OKAY TO TAKE  
CARE OF YOU

Our goal is to promote self-care by providing our clients with an experience that allows for total body healing and wellness. We believe in the body's ability to heal itself naturally, and trust that massage therapy can help facilitate the process. We take pride in helping our clients feel better- physically, emotionally, and spiritually.

We works to remind everyone that "It's okay to Take Care of you, too!"

When you take care of you first, everything else follows.

**Caring for those who cared for us.**

**AGEING IS JUST  
ANOTHER WORD FOR  
LIVING**

**IT'S OKAY TO TAKE CARE OF YOU.**



## Our Mission

To create an avenue for our seniors to experience the benefits of incorporating holistic options into their self-care routines by providing mobile massage therapy services as well as active and/or passive stretching techniques while eliminating the worry of commute and high spa rates.



**WNY SENIOR  
WELLNESS  
PROGRAM**





**Seniors are just young people  
who have lived a very long life.**

# Who We Service

- Age Restricted/Retirement Communities
  - Independent Living Communities
  - Assisted Living Communities
  - Continuing Care Retirement Communities
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- A photograph of an elderly couple smiling outdoors, overlaid with a semi-transparent green rectangle containing a list of community types. The man is on the left, wearing glasses and a dark jacket, and the woman is on the right, also smiling and wearing a dark jacket. They are standing in front of lush green foliage. The text is overlaid on a semi-transparent green rectangle in the center-right of the image.



## CHAIR MASSAGE

Chair massage is an accessible alternative to a traditional table massage because it allows a client to keep their clothes on and does not take very long to complete. This specific method utilizes a specially designed chair that provides forward leaning support for the client as they relax facing forward into the chair.



## TRADITIONAL TABLE MASSAGE

With this option our senior community can enjoy a full body Swedish Massage paired with passive stretching techniques that address the areas most effected by aging. Our heated table option is available at no extra charge making room for total body relaxation and wellness.



## ACTIVE & ASSISTED STRECTCHING

Active stretching techniques can be provided in a group setting and a reference sheet with daily stretches will be provided to interested residents. Passive/assisted stretching technique can be added to any chair or table session.

**WHAT  
WE  
OFFER**





# Benefits

Regular massage and stretching can help to:

- Provide the Feeling of Care & Comfort
- Increase Blood Flow & Circulation
- Relieve Joint Pain
- Provide Immune Support
- Ease Muscle Tension
- Increase Mobility & Flexibility
- Boost Energy
- Reduce Levels of Stress & Anxiety
- Improve Sleep

**With age  
comes  
wisdom...**

**AND DISCOUNTS!**

**WNY  
SENIOR  
WELLNESS  
PROGRAM**





# PLANS

Schedule an introductory session for just 49/Hour

## GROUP PLAN INFO:

- Scheduling and payment done through the facility.
- Options for both congregative and private sessions are available.
- Scheduling available on a week, bi-weekly, and monthly basis.

## CHAIR MASSAGE PLANS:

- Monthly: \$65/Hour
- Bi-Weekly: \$58.50/Hour (10% savings)
- Weekly: \$52/Hour (20% savings)
- \*Sessions offered in 10/15/20/30 Min Intervals
- \*Sign-Up sheets are provided to the facility

## GROUP STRETCHING PLANS:

- Monthly: \$45/Session
- Bi-Weekly: \$40.50/Session (10% savings)
- Weekly: \$36/Session (20% savings)
- \*Sign-up Sheet provided to facility
- \*partiiçant limit determinded by size of space



# PLANS

HSA, FSA, Wellness Debit Cards (Health Extras & BCBS) accepted

## RESIDENT PLAN INFO:

- Scheduling and payment done by resident
- Session takes place in the resident's home with their choice of a table or chair. (in-Office appointments also available)
- Weekly, bi-Weekly, and monthly scheduling opportunities are available.

## MASSAGE PLANS:

- Monthly: \$30/30 mins / \$55/hour
- Bi-Weekly: \$27/30 mins / \$49.50/hour (10% savings)
- Weekly: \$24/30 mins / \$44/hour (20% savings)
- \**Chair massage or table massage services available*
- \**Stretching can be incorporated into massage*

## STRETCHING PLANS:

- Monthly: \$25/Session
- Bi-Weekly: \$22.50/Session (10% savings)
- Weekly: \$20/Session (20% savings)
- \**Daily stretching techniques are provided upon request at no additional fee*



How do  
we get  
started?

# Schedule an Introductory Session

Call: 716-259-2347

Email: [takecarebuffalo@gmail.com](mailto:takecarebuffalo@gmail.com)



We look forward  
to  
Taking Great Care!

*Take Care Massage  
and Wellness*