

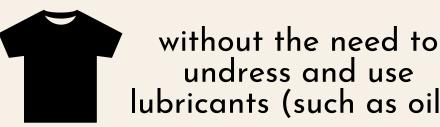
## Free office massage for UG employees

The massage will be performed by a massage technician

Office massage derived from classical massage, relaxation, acupressure, mobilization or trigger therapies contributes to normalizing muscle tone and increasing blood circulation.







undress and use lubricants (such as oils)

- 16.04.2024 Faculty of Social Sciences room B208
- 18.04.2024 Faculty of Management room C2
- 23.04.2024 Faculty of Biology room B201
- 25.04.2024 Faculty of Economics room C201
- 14.05.2024 Faculty of Philology room 355
- 16.05.2024 Faculty of Oceanography and Geography room 202
- 21.05.2024 Faculty of Mathematics, Physics and Computer Science room 1.09
- 28.05.2024 Faculty of Chemistry room F16
- 06.06.2024 Building of the Old Rectorate room 45
- 13.06.2024 Interuniversity Faculty of Biotechnology room 120

More dates will be presented this fall.

## How to prepare?

- wear comfortable clothing
- remove jewelry from your neck
- uncover your necks and clip your hair

## Benefits for employees

- increase work efficiency
- improve well-being
- prevention of long-term effects of work

## Contraindications

- fever
- acute inflammation
- active cancer
- unhealed skin lesions and fresh scars
- unregulated blood pressure, aneurysm,
- tendency to hemorrhage

<u>To sign up click</u> here or scan the QR code

Sequence of applications decides





