



# 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.



up to 20  
minutes



sitting position on a  
special chair



without the need to  
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

To sign up click  
here or scan the  
QR code

Sequence of applications decides



If you have any questions, please contact  
with the Office of Occupational Safety and Health of the UG