



Second edition Free, rehabilitative 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)

The massages will take place in the

Old Rectory Building, room 45

26.09.2024 r.

18.10.2024 r.

25.10.2024 r.

15.11.2024 r.

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

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

To sign up click
here

Sequence of applications decides

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