

Charles Cole Memorial Hospital  
Coudersport Wellness Center

# Therapeutic Massage

*Certified Massage Therapist: Pam Postlewait*

Offering massage modalities of:

- Swedish
- Deep Tissue
- Pregnancy
- Reflexology
- Sports
- Geriatric

Benefits of Massage Therapy and Bodywork:

- Relieves chronic tension and pain
- Loosens restrictions in muscles and joints
- Improves postural alignment
- Enhances sports performance
- Promoted deep relaxation
- Enhances sense of well being
- Helps balance the energy system