



## TIGHT TISSUE TUESDAYS

### Therapeutic massage with Making Movement

First and third Tuesdays of the month, 6:30am-6:30pm  
Starting November 7th and running through the end of December

Sign up to reserve a specific time or just drop in.

- 15 minutes for \$20
- 30 minutes for \$40
- 45 minutes for \$60

Add cupping to any massage for \$5.  
Request work specifically from Jess or Jon by noting their name when you sign up.



**We've all worked hard and played hard this summer! Time to put the pieces back together and get moving better.**

**Ladies!** If you want back and/or shoulder work please wear a shirt/bra/bathing suit with an open back and/or open shoulders.

**Gents and Ladies!** If you want hamstring or quad work please wear shorts that can roll up to the hip.

**Tuesdays 6:30 am - 6:30 pm**  
**ALL welcome, no gym membership required**

Questions? call-text-email anytime 207-380-6491 or [hello@makingmovement.com](mailto:hello@makingmovement.com)  
Need work outside first and third Tuesdays? Full availability and online booking at [makingmovement.com](http://makingmovement.com)