

Clinic Hours

January 30 - May 20, 2010

Monday 5:30, 6:45, 8:00

Tuesday 10:00, 11:15 and 12:30

Wednesday 5:30, 6:45, 8:00

Thursday 10:00, 11:15 and 12:30

Friday 11:00, 12:15 and 1:30

Personal Condition Checklist

Are your muscles tired and tense?

Do you want to improve your circulation?

Does daily stress keep you awake at night?

Looking for ways to improve your overall health and increase your energy level?

The MCC Massage Therapy Clinic offers massage services to help you relax, improve your health and increase your quality of life.

Fees

\$25 per 55 minute session
\$15 with Student ID - must show ID to get student rate

NOTE:

Client must be 18 years old

Payment by cash, check or money order is due at time of service

Photo identification is required by all in order to enter the campus

If pregnant, client must have their doctor's written permission

Monroe Community College
Massage Therapy Clinic
Damon City Campus, 4th Floor
228 East Main St., Rochester, NY 14604

The Massage Therapy Program is a unit of MCC's Department of Health and Physical Education.

MCC Call 585.262.1470
for appointments and information.
www.monroecc.edu/depts/massageclinic/index.htm



Why you need to get a massage?

- Improve your ability to cope with stress
- Release your muscle tension and pain
- Relieve your lower backache
- Enhance your sleep
- Increase your energy level
- Stay well
- Discover the nicer you

The MCC Massage Therapy Clinic offers professional massage for all these health reasons.

What will you experience at the MCC Massage Therapy Clinic?

You will receive a 55 minute massage therapy session from a soon-to-graduate student in the MCC Massage Therapy AAS Degree program. It will take place in a private, warm room while relaxing music plays. Client modesty will be maintained at all times. You will be professionally draped by the student throughout the session. Soothing oil or lotion will be used to reduce friction on the skin.

in a supervised,
educational setting

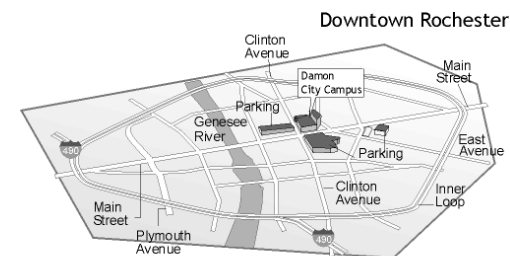
With each appointment, you will help yourself and enable our students to gain valuable experience. Our student massage therapists receive a minimum of 18 months of education before working at the clinic. They specialize in relaxation massage using a variety of Western and Eastern massage therapy techniques. Practical experience, such as that offered by the clinic, is required to complete their associate in applied science degree at Monroe Community College and gain the experience necessary to earn their professional license from New York state.

The MCC Massage Therapy Clinic is under the supervision of Deneen Rhode MFA, MA, LMT, program co-coordinator.

Deneen Rhode comes from a background rich in the teaching of health education, body therapies and somatic studies. She holds a master's degree from the University of Utah in movement pedagogy and a master's degree in somatic studies from SUNY Brockport. A licensed massage therapist, Rhode's professional experience includes private practice, Highland Hospital's Center for Women, SUNY Brockport's Student Health Center and the Onondaga School of Massage in Rochester, N.Y. Her list of corporate references include Xerox, Preferred Care, and Ortho-Clinical Diagnostics of Rochester, a division of Johnson & Johnson.

The MCC Massage Therapy Clinic at the Damon City Campus

Enter the Sibley complex from the 1st or 3rd floor of the garage; take elevator or escalator to the Damon City Campus, 4th floor. Please check in at the security desk upon arrival and identify yourself as a Massage Therapy client.



For more specific directions please visit our website at www.monroecc.edu/depts/massageclinic/index.htm

relaxation & healing...

For an appointment, call
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