



WELCOME

This is your five minutes.

You won't stand in a line. Check in, go back to your conversation, and we'll text you when it's nearly your turn. The only part of your day this takes is the five minutes you're in the chair.

DATE	TIME	LOCATION
[DATE]	[TIME]	[LOCATION]

TODAY'S HEALTHY HOUR™ IS HOSTED BY

[HOST OR SPONSOR NAME]

Choose one

01

ARRIVE™

Hand reflexology.

02

RESET™

Spine and lower body.

03

RECONNECT™

Head, neck, and shoulders.

Five minutes, seated, fully clothed. No oils, lotions, or creams. You can stop at any point.

How to take part

- 1 Scan the QR code to complete your intake, liability, and release waiver. It takes under a minute.

QR
CODE

- 2 Check-in opens fifteen minutes before Healthy Hour™ begins.
- 3 Reconnect with others, or return to your day.
- 4 Check your place in line anytime, using the link in your text.
- 5 We'll text you seven minutes before your turn.

Not sure? Choose ARRIVE™.

It is hands only. Nothing else is touched, and nothing is asked of you.

LEARN MORE <https://mobilemedmassage.net/healthy-hour>