

AUGUST

HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



UPCOMING CLASSES & EVENTS

Sat./ Sun. Aug. 13th & 14th
8am-5pm

Community Garage Sale/
School Supply Drive

Hosted by: [Elite Massage School](#)

Location: Outside Elite Massage
Education Center

Sat, Aug. 27th @ 10 AM

Intro. to Functional, Sports,
and Thai Stretches

Hosted by: [PNW HEALING ARTS
EDUCATION](#)

Location: Elite Massage Education
Center

MONTHLY SELF-CARE TIP

Remember that your spine moves vertebrae to vertebrae. If you bend without activating this movement you will limit your range of motion and possibly injure yourself.

You can get a deeper stretch while bending if you first tilt your head, tucking your chin and proceed to bend activating each vertebrae.

COMMUNITY GARAGE SALE AND SCHOOL SUPPLY DRIVE

Elite Massage School would like to invite you to our Community Garage Sale/ School Drive. We are a new Massage School located in University Place, WA. Before school begins we want to get things cleared out and thought this would be a nice way to meet some friendly faces and help your old treasures find new homes.

We will be doing raffles throughout the day with local donations and discounted massages from our student clinic when it opens. Here at Elite Massage School we value education, so we will be choosing a local school/program and hosting a school supply drive. We want to make sure our K-12 students have what they need to succeed. We are excited to get to know the community and anyone interested in massage therapy.

How it works:

-We are encouraging people to stay with their items (bring a table if you have one) but are allowing people to leave items to be sold. We are not responsible for items walking away or any mix ups that could occur and you will be required to pick them up by 5pm on Sunday 14th.

-If you are leaving items we will be adding a 10% fee, and will be required to visibly label your items with your name and price. You will also need to provide an itemized list with price, lowest price you will accept, and contact information.

-Drop off will begin at 7 am Sat. 13th once the tables are full, we may need to turn away items.

-You will need to have your items picked up no later than 5pm Sun.14th and WILL NOT BE ABLE TO COLLECT YOUR MONEY UNTIL ALL ITEMS HAVE BEEN PICKED UP.

-Large Items such as couches may not be accepted please contact us ahead of time.

*Free Raffle ticket giveaways for:

-Those staying with your items

-With drop off of school drive supplies; limited to 1/person

-Raffle tickets will be \$1, 5 for \$4 , or 15 for \$10.

If there are any local or new businesses that would like to donate a raffle prize to market themselves or donate to the fun please contact Cionne Butcher or just stop on by with it.

For any questions about donations, garage sale, or school drive email: cionne@elite-massage-school.com

THANK YOU FOR YOUR SUPPORT!



FOR MORE INFORMATION ON CLASSES
& OUR NEW SCHOOL VISIT:

ELITE MASSAGE EDUCATION CENTER

ELITE-MASSAGE-SCHOOL.COM

ADMIN@ELITE-MASSAGE-SCHOOL.COM

