

# Therapeutic Massage and Bodywork for Elders



**Lynne Anne, CST**

*Offered in your home or Lynne's Solano Avenue office in Albany, CA*

Lynne Anne is a somatic and massage therapist with 30 years of experience in private practice. She uses skilled touch, including gentle massage and cranio-sacral bodywork, which has been shown to be an effective way for elders to:

- Maintain a positive attitude in the face of aging and illness
- Reduce and manage pain
- Relieve stress
- Improve immune system function to support healing
- Recover from trauma, including traumatic illness, accidents, surgeries and other invasive procedures

Somatic therapy is based in understanding the connection between body, mind and spirit, and how this interrelationship affects all aspects of health and human development.

Fees are on a sliding scale from \$120 to \$80, plus travel charges for in-home visits. Some low-fee sessions are available in the office.

Lynne is certified by Associated Bodywork & Massage Professionals (ABMP). Personal and professional references are available upon request.

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