

## A Powerful Ally

There's no denying the power of bodywork.

Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen. The incredible benefits of massage are doubly powerful if taken in regular "doses." Professionals at the Touch Research Institute at the University of Miami explain the more massage you get, the greater benefits you reap. Here's why: Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress.

This translates into:

- **Decreased anxiety**
- **Enhanced sleep quality**
  - **Greater energy**
- **Improved concentration**
- **Increased circulation**
- **Reduced fatigue**

Clients often report a sense of perspective and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits.



Indiana Health  
GROUP

# Massage Therapy



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703 Pro-Med Lane  
Carmel, IN 46032

**317.843.9922**

[www.indianahealthgroup.com](http://www.indianahealthgroup.com)

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## Meet our Massage Therapists

In collaboration with your Indiana Health Group doctors and therapists, Kathleen & Thomas are here to help you by creating a customized treatment plan that addresses the whole person.

Our mission is to help others optimize their mental and physical performances, while achieving a healthy balance of mind, body, and spirit in one's self-care. We are able to create a treatment plan, customized for each client's specific needs and goals so that they can achieve a better quality life.

### Kathleen Atwater, C.M.T.



Kat recognizes the importance of achieving a healthy balance of mind, body, and spirit, in one's self-care. Massage therapy assists the body in normalizing its functioning, and healing itself, by addressing soft-tissue injuries or patterns that may be compromising healthy functioning. Kathleen has been helping clients by utilizing massage therapy, for 28 years. She feels that she has a rewarding position, helping each client through touch, to achieve an improvement in their physical condition.

#### Education:

Alexandria School of Scientific Therapeutics, Diploma; Massage Therapy and Related Modalities Purdue University, B.S.; Consumer and Family Science

#### Certification:

Indiana Professional Licensing Agency, ABMP, 20-year+ Member - AMTA

#### Modalities:

Deep tissue, Swedish Massage, Trigger Point Therapy, Reflexology, Myofascial Release, Sports Massage, Pre-natal Massage Therapy, Infant Massage Instruction, Chair Massage

### Thomas Schaedel CMT, NCTM



Thomas became a massage therapist because he had a strong will to help others become stress-free. He found that massage therapy was an excellent way to help people's mind and body to heal. His mission is to help others optimize their mental and physical performance, achieve serenity, and enhance a person's quality of life through the power of touch. One of his specialties is sports massage. This specific massage can help maintain the body in generally better condition, prevent injuries and loss of mobility, cure and restore mobility to injured muscle tissue, boost performance and extend the overall life of an athlete's sporting career.

#### Education:

Harrison College, A.S.  
Clinical and Therapeutic Massage

#### Certificates:

NCBTMB, Nationally Certified in Therapeutic Massage  
ABMP, Wellness and Injury Prevention Coach Certificate

#### Modalities:

Deep Tissue, Swedish, Sports Massage, Trigger Point Therapy, Myofascial Release, Pre-natal, Seated Massage, Spa Techniques



## Rates

15 Minute Chair	\$15.00
30 Minute Customized	\$40.00
60 Minute Customized	\$75.00
90 Minute Customized	\$110.00

Massage therapy can be scheduled to coordinate with your Indiana Health Group appointments.

### Fall Promotion

### One Hour Massage

# \$55.00

Expires November 30, 2015

**REWARDS PROGRAM AND  
GIFT CERTIFICATES AVAILABLE**

**Book your massage today, and start your journey to complete wellness!**