

## MASSAGE THERAPY IN ROCKVILLE!!

*Stephanie Benefield is a nationally certified and licensed massage therapist. She has extensive experience practicing in public and private clinics and hospitals, and has worked with many different populations, including adults, children, seniors, and veterans. Stephanie's practice focuses on reducing chronic pain and increasing mobility of her clients. She tailors each treatment to address her client's individual needs, utilizing a variety of massage and bodywork methods to promote her client's own healing process. Stephanie specializes in the following strategies:*

**30-, 60-, or 90- MINUTE SESSIONS AVAILABLE ON  
THURSDAY MORNINGS beginning the week of March 7th**

*Massage Therapist: Stephanie Benefield*

### **Arthritis and Rehabilitation Therapy Services**

14995 Shady Grove Road  
Suite 320  
Rockville, MD

Reserve your spot by signing up on-site or calling (301) 929-4125

**COST: \$65 for a 30-minute session, \$110 for a 60-minute session,  
\$150 for a 90-minute session,  
\$295 for a block of five 30-minute sessions  
\$500 for a block of five 60-minute sessions & \$700 for a block of five 90-min  
sessions\***

\*to be paid in advance, non-refundable. COVID-19 Vaccination is required.  
Visit the Wellness Program at [www.washingtonarthritis.com](http://www.washingtonarthritis.com)