

## MASSAGE THERAPY IN WASHINGTON, D.C.

*Jayme McLaughlin is medically trained in Orthopedics and Massage Therapy and is proud to partner with Arthritis and Rheumatism Associates, where she brings a plethora of knowledge in pain management, athletic performance, and rehabilitation. Her massage specialty is body alignment through structural soft tissue manipulation, and she is skilled in a variety of practices!*

*Orthopedic Massage      Craniosacral Massage*  
*Prenatal Massage      Sports Massage      Post Surgical Massage*  
*Lymphatic Drainage      Rehabilitation Massage*

*"I take pride in making you feel amazing by cultivating appointments that work to get you results! Book a session with me now and you will not be disappointed! Let's partner in your healing journey!"*  
- *Massage Therapist: Jayme McLaughlin*

**30-, 60-, or 90- MINUTE SESSIONS AVAILABLE ON  
WEDNESDAY AFTERNOON**

### Arthritis and Rehabilitation Therapy Services

2021 K Street, NW

Suite 310

Washington, D.C. 20006

Reserve your spot by signing up on-site or calling (202) 293-9412

**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.

Visit the Wellness Program at [www.washingtonarthritis.com](http://www.washingtonarthritis.com)