Benefits of Massage

- Strengthened immune system
- Stress management
- Muscle relaxation
- Improved concentration
- Improved performance
- Increased energy
- Decrease in blood pressure
- Reduction in chronic pain
- Enhances overall health

Benefits of Acupuncture

- Weight loss
- Increase sports performance
- Pain relief
- Wellness
- Allergies
- Anxiety & depression
- Treatment of colds & flu

FOR MORE INFORMATION

Veronica Mueller
Recreation Supervisor -Fitness

Paul Derda Recreation Center

13201 Lowell Blvd.

Broomfield, CO 80020

303.460.6928

vmueller@ci.broomfield.co.us

Massage Therapy & Acupuncture

at the

Paul Derda Recreation Center

Massage Therapists

Dave McHattie

Dave McHattie is Certified Massage Therapist from the Massage Therapy Institute of Colorado. Dave has been a licensed massage therapist since 1996 and a native of Colorado.

Specialties:

Deep Tissue, Myofascial Release, Neuromuscular, Postural Integration, Prenatal, Swedish, and Reflexology.

Jennifer Corrigan

Jennifer Corrigan is a Certified Massage Therapist who graduated from the Boulder College of Massage Therapy (BCMT) in 1994. Jennifer is a current member of the American Massage Therapy Association and Professional Sports Massage Team.

Specialties:

Neuromuscular, Deep Tissue, Sports Massage, Reflexology, Swedish

Acupuncturist

Stephanie Trzaska

Stephanie Trzaska is a licensed acupuncturist with her Masters' degree in Traditional Oriental Medicine and a proud member of the Acupuncture Association of Colorado. Acupuncture has been used to treat and prevent illness for centuries.

Commonly treated conditions:

Anxiety and Depression, Digestive Problems, Sports Injuries and all types of Pain.

Cost:

(payable by CHECK or CASH to service provider)

60 minutes = $65.00

90 minutes = $85.00

RECREATION PASS

Discounted Rate:

60 minutes = $55.00

90 minutes = $75.00

SENIOR Discounted Rate (age 60+):

60 minutes = $45.00

90 minutes = $60.00

Gift Certificates Available

Please call to schedule your appointment today. 303.460.6901.