

**2 Convenient Locations:
Webster & University Ave, Rochester**



Therapeutic Massage

Our skilled therapists offer a range of personalized treatments. Each session will be designed based on the diagnosis and goals of the individual. Multiple times and locations are available to suit your needs.

Specialty Massage

- ▶ Medical Massage
- ▶ Deep Tissue Massage
- ▶ Myofascial Release
- ▶ Manual Lymph Drainage
- ▶ Physical Therapy Options

Schedule by calling
(585) 259-0782
or Email:
info@wellness360fitness.com



191 W Main St, Webster

📞 585-259-0782

▶ 1328 University Ave, Rochester

📞 585-482-5060

www.wellness360fitness.com