



RELAXATION LOUNGE FITNESS CENTER RM 142B

Need a space to take
a break and relax?

OUR RELAXATION LOUNGE FEATURES

A quite, relaxing atmosphere where you can de-stress

Reclining Massage Chair

Foot massager

Heated Massage Pillow

Weighted Blanket

Relaxation DVDs & CDs

Wellness Resource Library

Creativity Tools

Mini Zen Garden

Light Therapy

Blood Pressure Monitor

Yoga Mats, Props, and Resources

And much more to aid you in creating peace

OPEN FOR USE DURING
STAFFED FITNESS CENTER HOURS



Welborn Foundation
Wellness & Fitness Center