

# Relaxation Lounge

## FEATURES:

- ◆ Quiet, relaxing atmosphere
- ◆ Reclining Massage Chair
- ◆ Foot Massager
- ◆ Heated Massage Pillow
- ◆ Massage Roller
- ◆ Bean Bag and Throw Pillows
- ◆ Weighted Blanket
- ◆ Sensory Toys
- ◆ Yoga Mats
- ◆ Relaxation DVDs
- ◆ Relaxation CDs
- ◆ Meditation/ Devotional Books
- ◆ Wellness Resource Library
- ◆ Handouts on relaxation and stretching exercises
- ◆ Coloring books and Playdough
- ◆ Blood Pressure Monitor
- ◆ Light Therapy
- ◆ emWavePro® Biofeedback



**Fitness Center**  
Room 142B  
Operates during Fitness  
Center Staff Hours  
Call 429-0585 or log on to  
[https://www.ivytech.edu/  
southwest/6630.html](https://www.ivytech.edu/southwest/6630.html)

Constant stress puts you at risk for numerous health problems, including:

- ◆ Sleep Problems
- ◆ Heart Disease
- ◆ Digestive problems
- ◆ Depression
- ◆ Obesity
- ◆ Lethargy
- ◆ Memory impairment
- ◆ Worsening of skin conditions, such as eczema
- ◆ Cancer
- ◆ And many other health-related problems

*"Set peace of mind as your highest goal and organize your life around it."*