

Relaxation Room

FEATURES:

- ◆ Quiet, relaxing atmosphere where you can de-stress
- ◆ Reclining Massage Chair
- ◆ Foot Massager
- ◆ Heated Massage Pillow
- ◆ Massage Roller
- ◆ Bean Bag
- ◆ Yoga Mats
- ◆ Relaxation DVDs
- ◆ Relaxation CDs
- ◆ Meditation/Devotional Books
- ◆ Wellness Resource Library
- ◆ Handouts on relaxation and stretching exercises
- ◆ Blood Pressure Monitor
- ◆ Light Therapy



Fitness Center
Room 142B
Operates during Fitness
Center Open Hours
Call 429-0585 or log on to
[www.ivytech.edu/
southwest/studentamenities](http://www.ivytech.edu/southwest/studentamenities)

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

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

"Tension is who you think you should be. Relaxation is who you are."

- Chinese Proverb