


[Home](#)
[CEO Hotline](#)
[Viewpoint](#)
[Classified Ads](#)
[Archives](#)
[Metro.net](#) (web)

Resources

[Safety](#)
[Pressroom](#) (web)

[Ask the CEO](#)
[CEO Forum](#)
[Employee Recognition](#)
[Employee Activities](#)
[Metro Projects](#)
[Facts at a Glance](#)
(web)

[Archives](#)
[Events Calendar](#)
[Research Center/ Library](#)
[Metro Classifieds](#)
[Bazaar](#)

Metro Info

[30/10 Initiative](#)
[Policies](#)
[Training](#)
[Help Desk](#)
[Intranet Policy](#)

Need e-Help?

Call the Help Desk
at 2-4357

[Contact myMetro.net](#)


Rubbing Out the Tension:

Massage Therapist is on the Job at Metro Store

Adrienne Montoya, a licensed massage therapist, applies skilled hands to the tight shoulders of Denise Charles, administrative analyst, during a chair massage in the Metro Store.

A graduate of Scripps College who also studied at National Holistic Institute, she is skilled in shiatsu, Swedish, acupressure, sports massage and Thai massage, and other massage techniques. She also has previously given massages in a business environment, and finds massages in an office setting "very beneficial for the office, helping employees with health issues and fewer days taken off."

Massages are available on Tuesdays and Thursdays from 9 a.m. to 3 p.m. Employees may receive massages during non-work time. Make reservations by visiting the Metro Store on the Plaza level of the Gateway Building or by calling the store at 922-4740.

The massages, which can include back and neck, arms and hands, are priced at \$1.20 per minute – \$12 for 10 minutes or \$18 for 15 minutes.

Photo by Ned Racine

