

Massage for Performance Joins Folske Spine & Rehab Clinic, PA

Effective immediately, Folske Spine & Rehab Clinic, PA, announces a partnership with licensed massage therapist Shelly Larson. Larson, a competitive runner, holds a B.S. degree in food science and is also a registered dietetic technician. She has run over 10 marathons and numerous road races, including the 2004 Olympic Trials.

Massage for Performance, Larson's business, focuses on **optimum health achieved through adequate nutrition, reduced stress and exercise** to keep your muscles and mind moving in an efficient way. She is passionate about helping and educating her clients to achieve their own healthy lifestyle goals.

Larson and Folske encourage you to take an active part in helping your body be the best it can be through the following:

- Swedish Massage
- Sports Massage
- Therapeutic Massage
- Prenatal Massage
- Hot Stone Massage (Home Office Only)
- Chair Massage

Appointments for Shelly can be made through Folske's office 763.546.0665. She will be available for appointments in Golden Valley on **Mondays from 11-6.** For your convenience, she will also take appointments at her Lakeville home office, 952.380.8552, located at 20665 Hartford Way, Lakeville, MN 55044.

Folske Spine & Rehab Clinic, PA

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