

# PREVENTION & MAINTENANCE

Suggested starting points for maintaining muscular comfort, mobility, movement habits and long-term wellness.

## SUGGESTED SERVICES

### AVAILABLE NOW

#### **Therapeutic Massage Techniques**

An individualized massage using techniques and pressure selected for your needs, supporting general muscular comfort across one or several areas.

#### **Focused Clinical Massage**

A focused, individualized massage session for one or two specific areas of muscular tension, soft-tissue discomfort or stiffness. May be performed fully clothed or partially draped.

#### **Deep Tissue Massage/NMT**

Firm, targeted massage techniques for deeper muscular tension, trigger points and persistent areas of tightness, adjusted to your comfort.

#### **Relaxation Swedish Massage**

Smooth, flowing massage techniques designed to encourage physical relaxation, ease everyday tension and support restorative self-care.

### PLANNED ON OR AFTER OCTOBER 1, 2026

#### **Functional Mobility Training**

Individualized movement activities that may include mobility exercises, corrective exercise, balance work, body-mechanics education and home strategies.

#### **Integrated Wellness Session**

A personalized combination of focused massage or manual techniques, functional mobility strategies, corrective exercise and movement education.

#### **Functional Wellness Programs**

Structured education and guided movement offered individually or in supportive small groups around shared functional wellness goals.

Exact availability may vary by service, program, enrollment and scheduling.

EverLife provides independent, nonmedical wellness services. Services do not include medical diagnosis, physical therapy or rehabilitation.