

HEALTHY AGING & LIFELONG MOBILITY

Suggested starting points for mobility, balance, confidence, independence and continued participation in meaningful activities.

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.

Relaxation Swedish Massage

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

Lymphatic Massage

A gentle, specialized full-body session using light, slow and rhythmic techniques to support healthy fluid movement and relaxation.

PLANNED ON OR AFTER OCTOBER 1, 2026

Initial Functional Wellness Consultation

A personalized 60-minute starting point for discussing your goals, movement abilities and concerns, then identifying appropriate EverLife services and next steps.

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.

Balance & Power Program

Guided activities supporting lower-body strength, balance, reaction skills and confidence with everyday movement.

Healthy Aging & Lifelong Mobility Program

Guided movement supporting mobility, strength, stability and continued participation in meaningful daily activities.

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.