



### ***Your first appointment***

Thank you for scheduling your massage with me. I take great pride in providing everyone with the very best therapeutic massage experience possible. To discuss your needs and concerns please arrive 10 minutes early to your first appointment. You will need to fill out a health history form. If you would like to save time you can print the form, fill it out and bring it with you.

Click [here](#) for a health history form.



### ***Directions/Parking/Building Access***

My office is located in the Chamber of Commerce Building at [320 N Meridian Street Indianapolis, IN 46204](#)

I am in Suite 815. Enter the main lobby via the revolving door and take the elevators to the 8th floor. My suite will be to the left when you exit. Metered parking is available on Vermont Street and Meridian Street. Meters accept both change & cards or you can use the Park Mobile App. Riding your bike? Text me at 317-721-9606 when you arrive. I will meet you in the lobby to assist with secure indoor bike parking.