

MARCH



Learning to love...you!

New Massage Offerings

Nicole Warren, Licensed Massage Therapist

In addition to relaxation, pain relief and sports massages, Nicole is proud to bring you new options for your massage experience!

The Rock Creek Works: A two-hour spa massage with an additional 15 mindful minutes to really absorb the effects after your massage ends. Begins with hot tea, time to prepare yourself, and a brief consult with your therapist. Your RCW starts with relaxation techniques which transition to sports massage (if desired). The session will slow down towards ultimate relaxation and end with 15 mindful minutes where you will be given time to meditate alone. You are the designer of your experience including room/table temperature, music style/volume, linens, aromatherapy, guided breathing, amount of light, and massage style sequence. A massage session where you truly treat yourself from start to finish.

Couples Massages

Educational Couples One partner will receive a massage while the other is trained. Learn how to give the perfect massage, at home, to your loved ones. Our licensed massage therapist will give you a crash course in technique and pressure so you can work out life's unexpected muscle strains. This knowledge will help get you through a weekend or vacation strain until you can schedule a professional treatment with our therapist!

Romantic Couples A perfect way to celebrate an anniversary or special event together. You will both be treated to either a relaxation or pain relief massage. We only have one therapist so the treatment will take place back to back. While your significant other is having their massage you will remain in the room enjoying complimentary sparkling wine, special seasonal dessert or cheese tray, and a relaxing atmosphere.

Rock Creek Wellness
60 B Franklin Rd.
Mercer, PA 16137



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Talk Saves Lives

Krista Armstrong, Licensed Professional Counselor

Suicide is a growing problem in our community, yet it's a health issue that is not frequently talked about -- and that's doing more harm! According to the American Foundation for Suicide Prevention (AFSP), suicide rates are highest in the spring, yet suicide is preventable! Everyone can play a role in suicide prevention by learning the warning signs and reaching out to each other.

If you notice something is off or different with someone, trust your gut, and ask! Reaching out can help save a life.

If you or someone you know is experiencing suicidal thoughts, please contact the National Suicide Prevention Lifeline at 800-273-TALK.

Suicide Warning Signs

Suicide Warning Signs:

Drastic changes in mood and/or behavior

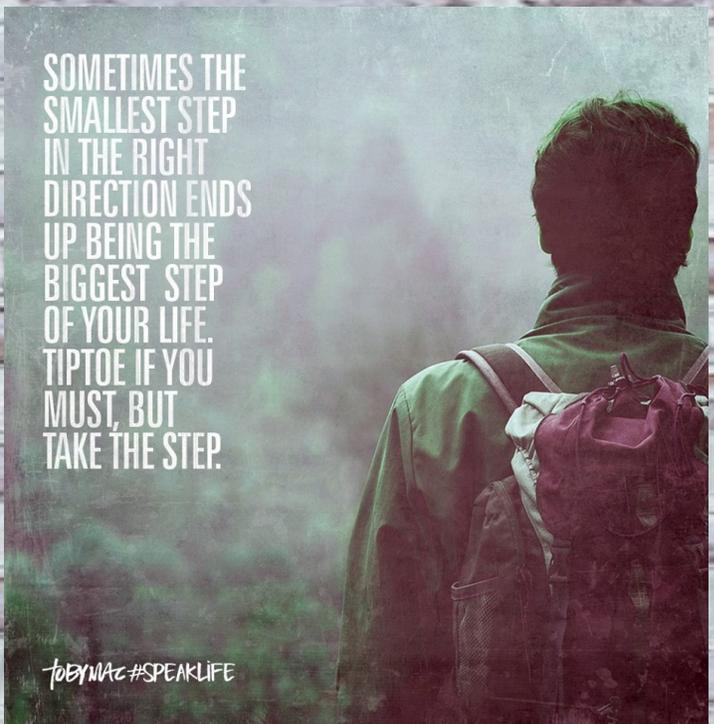
Talking about death

*Saying things like "I wish I were dead,"
"I have no reason to live."*

Isolation/ Withdrawing

Careless/Reckless Behavior

Feelings or Expressions of hopelessness



SOMETIMES THE
SMALLEST STEP
IN THE RIGHT
DIRECTION ENDS
UP BEING THE
BIGGEST STEP
OF YOUR LIFE.
TIPTOE IF YOU
MUST, BUT
TAKE THE STEP.

TOBYMAC #SPEAKLIFE

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