

Susan J. Fegelman

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**Nationally Certified and
Licensed**

**Graduate of Connecticut
Center for Massage Therapy**

**Current in Red Cross CPR
and First Aid Safety**

**Member of the American
Massage Therapy Association**

Available for Home Sessions

Specializing in:

- **Therapeutic Massage**
- **Sports Massage**
- **Hot Stone Massage**
- **Chair Massage**



Massage is a great way to relieve stress, reduce muscle tightness and increase circulation. In fact, massage offers numerous therapeutic benefits such as reducing scar tissue formation or making scar tissue more pliable around old injuries and it can relieve chronic tension in muscles that are continually being stressed.

Susan Fegelman is a graduate of the Connecticut Center for Massage Therapy and holds a B.S. in Human Movement from Boston University. For the past 15 years Susan has been a competitive athlete, competing in over 60 races. As a 4-time Ironman finisher (including the Hawaii Ironman) her experience as a triathlete brought a new perspective to massage as an overall health benefit.