

# Summer Services

Office of Health Education and Promotion, Health Services

**Massage Therapy** 50-minute traditional (\$35 students/\$45 faculty and staff) and hot stone massages (\$45 students/\$55 faculty and staff) are available with licensed massage therapists, Monday - Friday at 9:00 a.m., 10:15 a.m. and 11:30 a.m.

**Biofeedback** Individual sessions with a computer-based biofeedback program are available to all UNH students, faculty and staff at no cost during the summer months. Biofeedback technology uses electronic equipment to measure and monitor changes in one's internal physiological state while teaching breathing, relaxation and meditation exercises.

**Resource Library** The Health Services Resource Library is open Monday - Friday from 8:00 a.m. - 1:00 p.m. The library is filled with books and multimedia items for you to check out on a variety of health and wellness issues.

**Appointments/Information:**

(603) 862-3823 | [www.unh.edu/health-services](http://www.unh.edu/health-services)

Students may make appointments online by visiting [www.unh.edu/HealthOnline](http://www.unh.edu/HealthOnline)