



# **METAPA MASSAGE**

*Foundational bodywork for health and well-being*



*James Humecky C.M.T.*

*Se habla Español*

**AT REDWOOD HEALTH CLUB  
in Fort Bragg**

**Use of club facilities included**

**Full Half-hour  
One-hour  
1 1/2-hour  
and Deep Tissue Massages**

**Package Specials  
Gift Certificates  
Outcall Available  
Have Table - Will Travel**



**For appointment call: 964-3433**