



DEPARTMENTAL MASSAGE

Our services also include on-site seated chair massage available to individuals, teams, or entire departments. Our therapists are available to setup a spa retreat in your own department or at your next off-site meeting. Fees are only \$1 per minute for both chair or table massages and payments can be made by check or major credit card. Contact Christi_Reid@dell.com to schedule your departmental appointment.

MEETING ENERGIZERS

The Well at Dell Fitness Center team is available to provide energetic physical activity breaks for your next departmental meeting either on or off-site. Let us lead you in a dynamic stretch break, 10-minute salsa dance lesson, a guided relaxation, a mini yoga session, or limbo! To schedule any of these activities please contact [Christi Reid@dell.com](mailto:Christi_Reid@dell.com).

DIVISION SERVICES

Consider the Fitness Center and its staff for your next Family Day, Holiday Party etc. We can help with events; provide demos of dance or martial arts, a family fun obstacle course, demonstrations, challenges, and contests. We can make your event healthy and fun!