



GROWING TOGETHER

Honoring Dedication, Celebrating Compassion, Supporting Our Care Team



Hospital Week 2025 May 12 - 16, 2025

5 - Minute Massages

Back by popular demand! Restorative Massage clinic is coming back to help alleviate those growing pains from your muscles!

Take a well-deserved break and recharge with a quick 5-minute massage! Relieve stress, ease tension, and boost your energy—all in just a few minutes. Spots are limited, so don't miss out on this relaxing opportunity. Sign up today and give yourself a moment to unwind!

Massages are scheduled for Wednesday, May 14, 2025 from 11:00am - 1:00pm

Guidelines:

- Due to space limitations, walk-in appointments will not be available this year.
- Please make sure to come to your appointment on time.
- If you are unable to attend your appointment, please cancel as soon as possible so that the time slot can be used by someone else.
- Massages will be located in the hallway of the ground floor of the Hilo Benioff Medical Center, outside of Rehabilitation.

Registration Deadline:
Friday, May 9, 2025



Scan the QR code to register for your massage spot today!

For questions please contact:
Hilo Benioff Medical Center Foundation
(808) 932-3636
hbmcfoundation@hpsc.org

www.hbmcfoundation.org/east-hawaii-region/hospital-week