

NEWS RELEASE
FOR IMMEDIATE RELEASE



Contact: Debra Hayes
Manager
Just for the Health of It
(757) 539-0049

Contact: Deanna Holt
Suffolk Economic Development
(757) 923-3620
www.suffolk.va.us

**JUST FOR THE HEALTH OF IT
MESSAGE THERAPY AND BODY WORKS
RIBBON CUTTING CEREMONY**

SUFFOLK, VA, August 9, 2005 — On Tuesday, August 9, 2005 at 1:00 p.m. Just for the Health of It – Message Therapy and Body Works will hold a ribbon cutting ceremony to celebrate their one year anniversary at 434 North Main Street in Downtown Suffolk. Mayor Bobby Ralph, Kathryn Bass and Debra Hayes, owner and manager, will participate in the celebration. Debra Hayes, stated, “We are glad to be part of the renaissance occurring in Historic Downtown Suffolk, and are excited to be part of the improvements and enhancements throughout the community.”

“The City of Suffolk is pleased by the continued success of Just for the Health of It after its first year in Downtown Suffolk” said Suffolk Mayor Bobby Ralph. "Just for the Health of Its success is a testament to the variety of new businesses investing and thriving in Downtown Suffolk.”

Just for the Health of It offers Swedish Massage, Deep Tissue Massage, Yoga, Palates, Lymph Drainage and Reflexology services for it clients. Certified nutrition and wellness consulting are next to be added to their menu of services. Operational hours are Monday-Friday 10 a.m. - 6 p.m. and Saturday 10 a.m. - 4 p.m. and reservations are preferred.

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