



## Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments. For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link.

### *“Massage as Medicine”*

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<https://endeavors.unc.edu/massage-as-medicine/>

- Article on PM&R's study on Massage as Medicine that was recently published in UNC Endeavors.
- It has a link to the peer-reviewed original journal article in Global Advances in Health and Medicine.