

June 22, 2023

To past, current, and future Friends of Sparta Massage Therapy:

We're moving!,...seven minutes North on Rte. 517, to downsize a bit and continue what we love to do at the home of The MJC Institute, 190 Main Street, in Ogdensburg.

My vague thoughts of downsizing and working a little less someday have been jolted into immediacy by a bicycle accident that has necessitated surgical intervention and, should keep me rehab'ing for several weeks. Joann will continue on, working with her "regulars," several of mine, and new folks. She is as competent as she is easy to like!

We will be open, as usual in Sparta, until the end of July, and open August 1st "up the road." Happily, our phone number will remain the same!

More to follow,... and THANK YOU FOR YOUR PATIENCE!

Al, Cathy, and Joann