

DISCOVER MELT



MELT HAND & FOOT TREATMENT INTRO WORKSHOP

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome.

Join us for this fun evening, and discover how the connective tissue in your body gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement!

This introductory class will be taught by Amy Taliaferro, Level I MELT Instructor, and Licensed Massage Therapist. To learn more about Amy, check out her website at www.amybondt.com.

When: Wednesday, December 13th

6:30-8pm

Where: Shulman and Associates Physical Therapy

660 Kenilworth Drive, Suite 102

Baltimore, MD 21204

Fee: \$25.00

MELT kits and DVD's can be ordered through Amy at the workshop, or through her website, www.amybondt.com/MELT.

To register, call (410) 296-9311.

Got Questions? contact Amy Taliaferro at amybondt@gmail.com

