

EXPERIENCE MELT



DISCOVER THE SECRETS TO **PAIN-FREE LIVING** - AT ANY AGE!

- The MELT Method is a simple self-treatment technique that helps prevent pain and erase the negative effects of aging and active living.
- Using MELT Hand and Foot Treatment Balls and a MELT Soft Roller, you can learn how to reduce joint pain and muscle tension with self-treatment techniques that rehydrate your connective tissue and rebalance your nervous system.
- Discover how MELT can improve flexibility, balance and posture and help your body feel better so you can stay active and pain-free for a lifetime.
- All equipment needed for class will be provided.

January 11 – February 15, 2018
Thursdays, 9:15am-10:15am

The Studio Fitness

698 W. National Rd.
Vandalia, Ohio 45377

Fee: \$90

Velvet Swartzel, PMA®-CPT, E-RYT **MELT Instructor**

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Register online at
<https://squareup.com/store/lotusflowerwellness>

