

FREE

FOAM ROLLER WORKSHOP!



BENEFITS:

- **Smooths and lengthens muscles**
- **Breaks up adhesions and scar tissue**
- **Relaxes muscles by activating the sensory receptors**
- **Improves blood circulation, therefore speeding recovery post-workout**

Join our FREE community workshop with our Chiropractor, Dr. Tara Brown. Learn the proper technique to foam roll both the upper and lower body!

- When:** Saturday, May 30th, 10:30am – 11:30am
Where: Taste of Colombia's "El Salon" studio space (67 Bronte Road, Unit 3, Oakville)
Register: Please call Wellness for the Body at 905.465.4595 to register today!

Our workshop is free for everyone, but advanced sign-up is required as space is limited. Bring your own foam roller, or pre-order one when you sign-up (pick up at the workshop, \$35 cash only).

