

# Relief Through Rolling

With Janet Herman, LMT, Pro-Certified Relief Through Rolling Instructor



**Sign-up with a Friend  
By May 12<sup>th</sup> and you  
Both Save 15%!  
with paid Registration**

## Quick & Simple Relief. Pain-Free Self-Care for *Every Body*.

**Relief Through Rolling is a different type of Foam Rolling Program.** Putting to use the latest scientific findings from the Pain Science and Fascial Research industries, the *Relief Through Rolling* Program offers quick relief with these simple and pain-free techniques. Significant results are reported when performed a minimum of 5 minutes, 3 times weekly!

**Join Janet Herman, LMT** as she helps you execute this easy program that will help you to stand more upright, decrease your hunch-back, and relief pain, stiffness, and inflexibility. Whether it's back pain, sciatica, rotator cuff problems, tennis elbow or arthritis, *Relief Through Rolling* will provide relief and improve your health and vitality. Feel the difference immediately and leave with a treatment plan that is easily implemented into your busy day.

**Everyone can participate!** All *Relief Through Rolling* techniques can be done multiple ways: on the floor, in a chair, or against a wall, ensuring that regardless of your activity level, you can take part in this fun and easy program. Those suffering from severe chronic pain or dysfunction, as well as elite collegiate and professional athletes have been seeing remarkable results with RT Rolling for over 10 years.

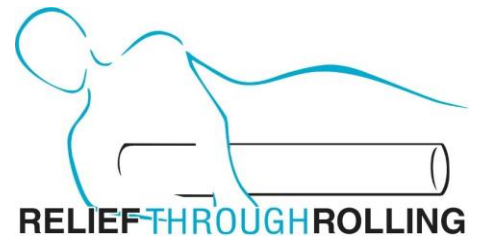
Visit:

**RTROLLING.COM**

for video testimonials and more information on  
this amazing health and wellness program.

More Info:

**GetReliefThroughRolling@gmail.com**



**Saturday, May 19, 2018  
3 - 5 pm**

**\$49.99**

**Simple Relief  
For the  
Back, Shoulders,  
Elbows & Hands.**

*In this class you will learn:*

10 min Back Pain Program  
15 min Shoulder Pain Program  
10 min Elbow & Hand Pain Program

*These 'Mini RTR Programs'  
can be performed separately or  
together for relief from a variety  
of upper body ailments.*

**Suitable for ALL Activity Levels!**

Location

**Absolute Health Chiropractic**  
95 Cliftwood Dr NE, Ste B,  
Sandy Springs, GA 30328

**Space is Limited.  
Call Now to Register!  
404-257-0188**

**Save the Date!**

**Next Class is Saturday July 21st**

**Janet Herman, LMT**

Relief Through Rolling Instructor  
**404-422-4899**  
janetherman.massagetherapy.com

— Partners in Wellness —

**Absolute Health Chiropractic**  
"Wellness Awaits You"  
**404-257-0188**  
<http://dr-cathy.com/>