

FREE

RELIEF THROUGH ROLLING

INTRODUCTION & DEMONSTRATION

With Janet Herman, LMT, Relief Through Rolling Instructor

In Partnership with Dr. Catherine E. Franklin of Absolute Health Chiropractic

RELIEVE Pain, IMPROVE Posture, and INCREASE Flexibility with these FEEL-GOOD Techniques



A SIMPLE AND PAIN-FREE FOAM ROLLING PROGRAM...FOR EVERYONE!

RELIEF THROUGH ROLLING IS A DIFFERENT KIND OF FOAM ROLLING PROGRAM

We cannot randomly roll out tissues to achieve lasting changes in body structure and function. Based on the principles of *The Rolf Method of Structural Integration*, these simple and highly-effective techniques will eliminate pain, heal injuries, and improve balance. At this demonstration, you will learn how and why these easy to do, at-home techniques produce remarkable results that are helping people of all ages and activity levels resume and maintain a pain-free and active life.

***Every Attendee will Receive
More than \$50 in Discounts and Gift Certificates!***

Saturday, December 9th, 3:00pm - 4:00pm

Absolute Health Chiropractic

95 Cliftwood Dr. NE, Suite B, Sandy Springs, GA 30328

RSVP

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For More Information and Testimonials, visit:

RTROLLING.COM

