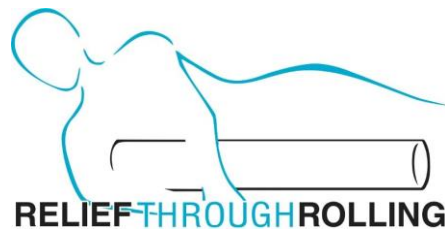


Relief Through Rolling

Whole Body
Wellness —
Pain Relief,
Simplified.



Register for BOTH
by January 27th and
SAVE \$10!
ALL TECHNIQUES
Covered in 2 Classes!

A Simple and Pain-Free Foam Rolling Program.....For Everyone!

Relief Through Rolling is a different type of Foam Rolling Program. Learn simple techniques that realign structure, improve performance, and eliminate acute and chronic pain. Whether you are an avid runner, part-time tennis player, or spend your entire day at a desk, at a computer or on your cell phone, these techniques will improve the function and posture of your body, allowing it to heal and eliminate pain.

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:

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For Digital Download(\$14.99) of all techniques,
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More Info:

GetReliefThroughRolling@gmail.com



Saturday, February 3
3 - 5 pm
\$39.99

“Upper Body Relief”

Relief from Headaches,
Neck Tension, Shoulder and
Back Pain, Carpal Tunnel
symptoms, and more!

*A must for tennis players,
golfers, as well as computer
and cell phone users!*

Saturday, March 10
3 - 5 pm
\$39.99

“Lower Body Relief”

Relieve Back & Hip Pain,
Arthritis, Knee and Foot
Problems, IT Band & Hamstring
Tension, and more!

*A must for runners, athletes, and
also for those who are inactive, or
who sit or drive for long periods!*

Absolute Health Chiropractic

95 Cliftwood Dr NE, Ste B,
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Space is Limited.
Call Now to Register!
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Janet Herman, LMT

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

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