



Treat Yourself!

MELT Method Self-Treatment Classes



Learn **simple self-care techniques** you can use every day to make your body feel better and function more efficiently. Relieve aches and pains brought on by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better.

MELT uses **soft foam rollers and small MELT Hand and Foot Balls** to rehydrate the connective tissue throughout your body and make your muscles and joints happy!

The MELT Method® is an innovative science-based self-treatment program that's being taught in some of the country's most prestigious health and fitness centers.

Ongoing MELT Classes Instructed by:

Shauna Dok

11:45 – 12:45 Wednesdays & Saturdays

SRSRC

9875 Aviary Drive
San Diego, CA. 92131

Class sign up required
Call: 271-6222

Cost = \$5

For Questions Contact:

Shauna Dok
858.353.1967 or sdok@san.rr.com

For more information about MELT visit:

meltmethod.com

