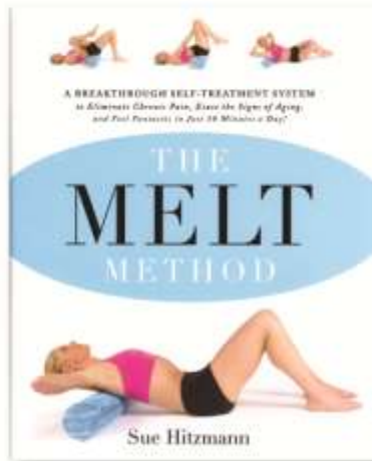


Feel Better Now!

90-minute MELT Intro Workshop

Come to a MELT intro workshop and experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life.



This all-levels workshop will use specialized soft body rollers and small MELT Hand and Foot Treatment Balls to simulate the results of manual therapy. Learn to eliminate stuck stress before it accumulates causing chronic aches, pains, and unwanted signs of aging. Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.

Don't miss your chance to experience this breakthrough self-care technique, featured in *The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!* (January 2013, HarperCollins)

1st Sunday of Every Month
1:00 – 2:30 p.m.

Scripps Ranch Swim & Racquet Club
9875 Aviary Drive
San Diego, CA 92131
Group Fitness Room

Fee: \$10 Members/\$20 Non-Members

Space is limited so call soon to reserve your space:
Call SRSRC 271-6222

For questions or to arrange a Private Session or Private Group Class - Contact MELT Instructor, Shauna Dok

[858.353.1967/sdok@san.rr.com](tel:858.353.1967)

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