

FREE

FOAM ROLLER & Glute Activation

WORKSHOP!



Join Dr. Tara DC of Wellness for the Body, and Andree Bissonnette and Brien Chamney of Oakville Performance & Wellness for a workshop on self-release techniques using a foam roller, followed by dynamic stretching and glute/core activation exercises! This 2-in-1 workshop is great for both injury prevention and performance improvement.

When: Saturday, March 19th, 2016 at 11:00 am

Where: Oakville Performance & Wellness, 1027 Speers Rd. Unit 30
(corner of Fourth Line and Speers Rd.)

Register: Space is limited - reserve your spot now! RSVP by calling Wellness for the Body at 905.465.4595 or emailing info@wellnessforthebody.com

Bring your own foam roller, or call us before March 12 to reserve one for purchase at the workshop.

