

**FREE**

# FOAM ROLLER WORKSHOP!



## **BENEFITS:**

- **Smooths and lengthens muscles**
- **Breaks up adhesions and scar tissue**
- **Relaxes muscles by activating the sensory receptors**
- **Improves blood circulation, therefore speeding recovery post-workout**

Join our FREE community workshop with our Chiropractor, Dr. Tara Brown. Learn the proper technique to foam roll both the upper and lower body!

**When:** Wednesday, June 29th at 5:30pm  
**Where:** Taste of Colombia's "El Salon" studio space (67 Bronte Road, Unit 3, Oakville)  
**Register:** Please call Wellness for the Body at 905.465.4595 to register today!

Our workshop is free for everyone, but advanced sign-up is required as space is limited. Please be sure to bring your own foam roller and a yoga mat.

 **Wellness for the Body**  
Massage Therapy, Chiropractic & Naturopathic Centre  
2418 Lakeshore Road West, Oakville ON  
905.465.4595

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