



MELT



Self-care for people that care about their body *SKILL LEVEL: Open to all levels*

What is MELT? The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

Tuesdays 10:30-11:15 AM

PAY BY DAY: Member: \$5/class Non-Member: \$10/class

PAY BY MONTH:

- January – 4 Tuesdays (Jan 4, 11, 18, 25) Member: \$16 Non: \$32
Instructor: Janene
(Monthly fee is based on Member: \$4/class and Non-Member: \$8/class)

ANYONE WITH AN ANNUAL MELT MEMBERSHIP MAY ATTEND AT NO COST, BUT MUST STILL REGISTER FOR THE CLASS

**Don't forget
to drink
water!**

Janene Papendick
Trained MELT Method Instructor
and YMCA Yoga Instructor
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