



# MELT INTRO WORKSHOP

## FEEL BETTER NOW!!!

*Self-care for people that  
care about their body*

**Tuesday, Feb 7 (6:15-8:15PM)**

**LOCATION: Community Room/Meditative Studio**

**SKILL LEVEL: Open to all levels**

Feel better now! Have you been waiting for a "good" time to try a MELT class? Don't wait any longer! This 2 hour Intro workshop will provide you with the science behind MELT as well as introduce you to the hand/foot treatment as well as some of the foam roller moves. You will receive handouts and leave the workshop feeling great.

Wouldn't you love to know how to keep your body feeling great every day?

All supplies are provided to use during class and are available after class.

**Learn easy self-treatments to help you live pain free!**

**ATTIRE: wear comfortable clothing (no hoodies) & bring water to drink.**

**OPTION TO ORDER MELT EQUIPMENT!**

### COST

Member Cost: \$30

Non-Member Cost: \$30

*Registration starts: Wed. Jan 18*

**Limited to 20 people**

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

**Instructor: Heidi Morrissey**

*Assistant Instructors:*

*Janene Papendick and Terrill Meier*

**Questions?**

Contact Terrill at 225-4910

or email [tmeier@aberdeenyumca.org](mailto:tmeier@aberdeenyumca.org)

