



# SAVE YOUR KNEES!!

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



**Wed May 6 (6:30-7:15PM)**

**LOCATION: Meditative Studio**

**SKILL LEVEL: Open to all levels**

Melt for knees is a gentle self-treatment technique designed to reduce knee pain and improve mobility by rehydrating connective tissues (fascia) and restoring joint stability using a soft foam roller.

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: \$10

Non-Member Cost: \$10

*Registration starts: Wed April 22, 2026  
(Sign up at Member Services Desk)*

**Limited to 20 people**

**Instructor: Heidi Morrissey**

*Assistant Instructor:*

*Terrill Meier*

## **Questions?**

Contact Terrill at 225-4910

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

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

