

MELT METHOD®

AN INTRO EXPERIENCE

Five minutes a day can change how you age

Come experience the **Fascia Hydrator™** —
the fascia-first longevity ritual that helps you move,
feel, and age well, in just a few gentle minutes a day.



MELT® is the neuro-fascial self-care practice that keeps your nervous system regulated, your connective tissue hydrated, and your body resilient.
The Fascia Hydrator™ brings the practice to life with gentle vibration
— no force, no pain, just flow.

IN THIS EXPERIENCE, YOU WILL...

- Feel how far a gentle vibration travels through your body
- Move fluid through your lymphatic system to ease tension and puffiness
- Pair breath with vibration to calm your nervous system
- Rehydrate your fascia and leave feeling lighter, vibrant, and more connected

*Healing isn't force.
It's flow.*

THE MELT METHOD®

Tuesday, July 28 (6:30-7:45PM)

LOCATION: Community Room (Main floor lobby)

Don't forget to bring water

Wear light, comfortable clothing for maximum benefit!

COST

Member Cost: \$15

Non-Member Cost: \$15

Registration starts: Wed. July 15, 2026

Limited to 30 people



Heidi Morrissey

*Trained MELT
Method Instructor*

Fascia is the Medium. The Nervous System is the Driver. Health is the Mission.

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