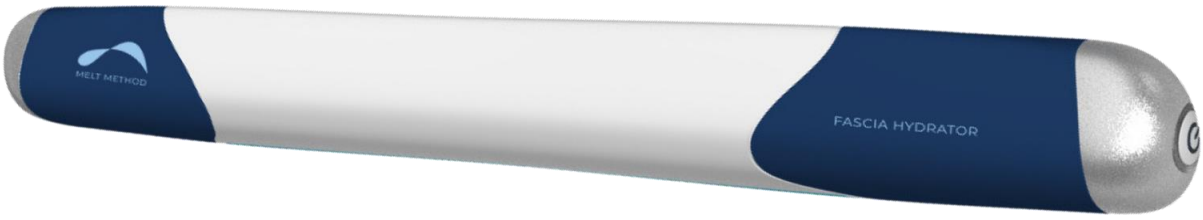
MELT METHOD®

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®

2-Part Workshop
Tuesdays, Nov 3 & 10 (6:00-7:15PM)

LOCATION: Community Room (Main floor lobby)

Don't forget to bring water

Wear light, comfortable clothing for maximum benefit!

COST

Member Cost: $30
Non-Member Cost: $30
Registration starts: Wed Oct 21, 2026
Limited to 25 people



Heidi Morrissey
Trained MELT Method Instructor

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

MELT METHOD® · FASCIA HYDRATOR™ · WWW.ABERDEENYMCA.ORG