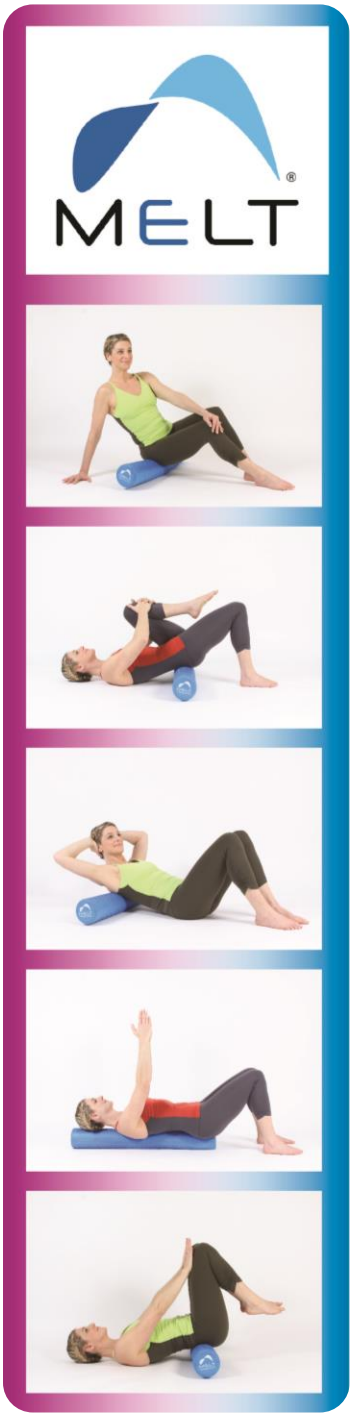
POP-UP!!

MELT RESTORATIVE FOR THE NERVOUS SYSTEM

Self-care for people that care about their body



Sunday Nov 8 (3:00-4:00pm)

LOCATION: Meditative Studio

SKILL LEVEL: Open to all levels

MELT is a gentle, science-backed self-care practice that uses soft foam rollers and small therapy balls to rehydrate connective tissue and calm the nervous system. MELT activates the parasympathetic nervous system (rest & digest) to counter chronic stress, anxiety, and physical tension.

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 Oct 21, 2026
(Sign up at Member Services Desk)

Limited to 16 people

Don't forget to bring water!

Instructor: Heidi Morrissey

Questions?
Contact Terrill at 225-4910
or email tmeier@aberdeenymca.org