

MOBILITY WORKSHOP

Rehabilitate Injuries • Increase Flexibility • Improve Athletic Performance

Join instructor Katie Walker for a workshop that can help you improve your athletic performance, treat stiffness and achy joints, and live a healthy life!

You'll learn about mobility, body maintenance, and improving your physical well-being with the goal of increasing flexibility, rehabilitating injuries, and reducing pain. You'll leave the workshop with a better understanding of your problem areas along with mobility techniques you can use at home.

"I was in a car accident in 1968 that messed up my left knee. Sometimes the pain is unbearable and I would do just about anything to relieve it. I can't say enough about what Katie has done for me. After my first mobility session I had no pain at all. My hips felt brand new and my legs did also. They still feel that way. My knee does need surgery, but for now the pain has subsided and I feel great!" – *Chris S.*

**Sunday, November 30,
10:00am**

Cost: \$35

**Space is limited.
Call (916) 258-5425
to reserve your spot!**

Workshop sponsored by:



TRISIS REAL ESTATE



(916) 258-KICK (5425)

www.TrainAtTheStudio.com

info@trainatthestudio.com



THE STUDIO Martial Arts & Fitness

8200 Sierra College Blvd., Suite D

Roseville, CA 95661