

MOBILITY WORKSHOP

Rehabilitate Injuries • Increase Flexibility • Improve Athletic Performance

In this workshop series, instructor Katie Walker focuses on mobility, body maintenance, and physical well-being with the goal of increasing flexibility, rehabilitating injuries, and improving quality of life.

The August workshop will focus on the therapeutic use of small balls for compression therapy, helping to decrease pain, increase range of motion, improve blood flow, and shorten injury healing time. Please bring two lacrosse or tennis balls to the workshop. (Stop by our front desk at least a week before the workshop if you'd like to order balls.)

SUNDAY, AUGUST 2, 10:00AM

Cost: \$40 per workshop; or \$35 each when you purchase a bundle of all 2015 workshops (see dates below).

**Space is limited. Call (916) 258-5425 now to reserve your spot.
Open to the public. No membership necessary!**

"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!" – *Chris S.*

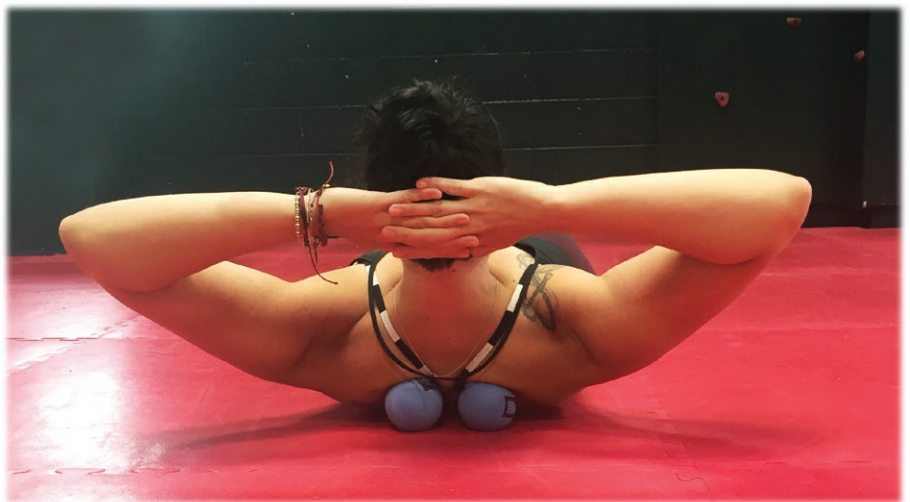
Be sure to save the date for these future workshops!

- *Sept. 27:* Therapeutic Use of Foam Rollers
- *Nov. 29:* Full-Body Mobility Overview

Workshop sponsored by:



 **TRISIS REAL ESTATE**



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