

Pilates With Michelle DISCOVER MELT



MELT HAND & FOOT TREATMENT INTRO WORKSHOP

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome.

Come to a MELT Hand and Foot Treatment Intro Workshop and discover how the connective tissue in your body gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement.

FREE MELT Hand/Foot Workshop

Pilates With Michelle
Brownstone Health
1455 Rose Street
Regina, Sask.

**CALL OR EMAIL TO RESERVE
A SPOT TODAY!**

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