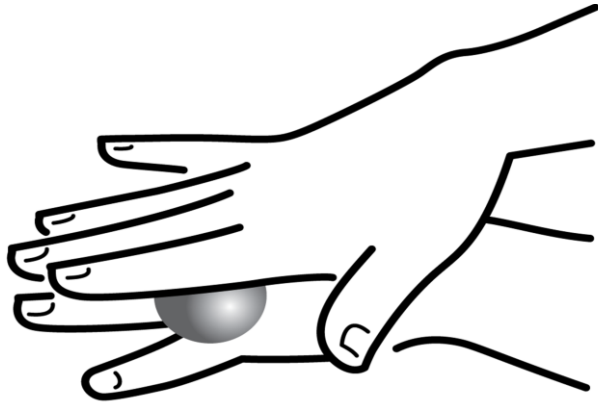


Feel Better Now

MELT Hand and Foot Treatment



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.

Join certified MELT Hand and Foot Instructors Janice McFarland, Sheli Potmesil and Heather Kraetsch for a four-week MELT Hand and Foot Treatment. Learn how the connective tissue in your hands and feet become 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.

The MELT Method® is an innovative self-treatment program. Learn more about MELT at meltmethod.com

Call BODY reFORM and Register today for an upcoming MELT class and begin treating yourself to a relaxing, healthful, and educational experience at BODY reFORM, Pilates and Physical Therapy.

Fall 2011 MELT Schedule

Instructor: Heather Kraetsch

Mondays

Nov. 14, 21, 28, Dec. 5

4:15pm - 5:15pm

Instructor: Sheli Potmesil

Wednesdays

Nov. 9, 16, 30, Dec. 7

5:30pm - 6:30pm

Instructor: Janice McFarland

Tuesdays

Nov. 15, 22, 29, Dec. 6

10am - 11am

Class Fee: \$40

MELT Balls and soft foam rollers will be available for your use.

Mini (\$20) and Large (\$40) MELT Ball kits will be available for purchase.



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