



# Feel Better Now

## 120-minute MELT Intro Workshop

Come to a MELT intro workshop and experience changes in how your body looks and feels.

Learn simple self-treatments you can do at home to remain active healthy and pain free for life.

This all-levels workshop will use a specialized soft roller and small MELT hand and Foot Treatment Balls to simulate the results of manual therapy. Learn to eliminate stuck stress before it accumulates causing chronic aches, pains, and unwanted signs of aging. Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.

Don't miss your chance to experience the breakthrough self-care technique, featured in *The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, And Feel Fantastic in Just 10 Minutes A Day!*  
[www.meltmethod.com](http://www.meltmethod.com)

Presented by Angie Hubble:  
October 27, 2018  
1:00 –3:00 p.m.

@ Pilates EQ  
202 B, 8135 – 102 Street  
Edmonton, AB T6E 4A4

Fee: \$60

For questions:  
[info@pilateseq.ca](mailto:info@pilateseq.ca)

Pre-registration required:

Online  
[www.pilateseq.ca](http://www.pilateseq.ca)

Telephone  
[780-461-9594](tel:780-461-9594)

\*\*space limited to 10 participants\*\*