



The Art of Self-Care™

Total Body MELT

MELT Total Body 60-minute Intro Class

Do you have body aches and pains? Are you looking for simple ways to self-care for your body? Adding MELT to your life will help improve your efficiency and performance in your fitness routine, while enhancing daily life by improving your digestion, sleeping, and reducing inflammation, accumulated stress, and chronic pain symptoms.



Thursdays
March 15 to May 17, 2012
6:30-7:30 pm
Code: 13334
\$70M/\$100NM

Contact Kelly Cohen for
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