

Know Pain, No Pain



Corrective movement for persistent pain

Thursday, January 28th

7– 8:30 pm

Learn how simple natural movements can help resolve persistent, non-pathological pain. Participants will gain an awareness of the system that is always involved in a pain experience, the three stages of recovery from pain, the characteristics of corrective movement and essential strategies to help address persistent pain.

Guest speaker and Oasis Spa therapist Chance Mobley practices the Rolf Method of Structural Integration, a holistic system of manual care and movement education.

Seating is limited, so pre-register today at the Oasis Spa or call 896-3900 x121

\$10 members / \$15 non-members

To learn more, visit www.baptistmilestone.com
or www.chancing.org



Baptist East/Milestone Wellness Center

750 Cypress Station Dr. ~ Louisville, KY 40207