



## **BACK (TO) BASICS WORKSHOP**

**In this 6 part workshop you will learn simple exercises that re-educate, retrain and balance muscles, to relieve pain and tension, improve posture, increase range of motion, prevent injuries, and warm up and cool down for workouts.**

**These classes will benefit everyone from avid exercisers to those who suffer from chronic pain and lack of movement. The class size is small, giving you individualized attention.**

**Instructor:** Eunice Mooney  
**Registered Massage Therapist**  
**Certified Lymphatic Therapist**

**When?** Tuesdays, March 3 – April 7, 2020  
6:30 – 7:30 p.m.

**Where?** NW Calgary (Highwood area)

**REGISTER NOW!**  
**\$120 for all 6 classes**

**Other workshops and/or private sessions available**  
**Phone 825-994-4458**

**email [euniquemassage@gmail.com](mailto:euniquemassage@gmail.com)**  
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