

Love Your Feet!

In this experiential class, gain a toolkit of home exercises to show your tired feet some love! Your feet are your foundation to health and a few minutes each day can do wonders. Bring a tennis ball or purchase one at the class for \$1.

Certified Hellerwork Practitioner, Jason Rumohr, brings over 10 years of experience to helping folks feel their best.



Monday, December 16th 5:00-6:00

Cost: \$5.00

Methow Valley Wellness Center

105 Norfolk Rd., Winthrop

341-4050