

# Neck & Shoulder Relief Class

Learn effective stretching and body mechanics to free your neck and shoulders from nagging tension! Whether caused from heavy lifting, gardening, computer use, skiing, cycling or stress, these methods will help you find ease.

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



Monday, February 17th, 5:00-6:00

Cost: \$5.00

Methow Valley Wellness Center

105 Norfolk Rd., Winthrop

341-4050