


Neck & Shoulder Relief Class

with Jason Rumohr, LMP CHP



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

Monday, March 9th, 6:00-7:00pm

Free

Methow Valley Wellness Center

105 Norfolk Rd., Winthrop

RSVP @ 341-4050