

# Healing Back Pain Class

In this experiential class, you will learn some of the causes of back pain and gain a toolkit of home practices to improve your back pain. Practices will include self-massage and gentle movements.

Certified Hellerwork Practitioner,  
Jason Rumohr, brings over 11 years  
of experience to helping folks feel  
their best.



Monday January 26, 5:00-6:00  
Cost: \$5.00  
Methow Valley Wellness Center  
105 Norfolk Rd., Winthrop  
341-4050