



MELTing Nia Feet

MELT Hand and Foot Treatment



Instructor: Robin Bach, Nia Black Belt and MELT Instructor

Date: Saturday, Feb 18

Time: 1-4 pm

**Edwardsville Fitness Studio
201 Hillsboro Avenue, Lower Level
Edwardsville, IL 62025**

Fee: \$69, includes MELT mini treatment kit for you to take home.

Reserve your space now :

Sally at EFS 618- 779-5376

Or email Robin@RobinBachNia.com

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome.

Join MELT Instructor **Robin Bach** for an introduction to the **MELT Hand & Foot Treatment**. Learn how the connective tissue in your hands and feet gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement.

The MELT Method® is an innovative self-treatment program that's being taught in some of the most prestigious health and fitness centers in Manhattan. Learn more about it at meltmethod.com

Treat yourself to a relaxing, healthful, and educational **afternoon** at the **Edwardsville Fitness studio**. Sign up today!

