

FRANKLIN LAKES
COMMUNITY CENTER

— a Proud Partner of —
WYCKOFF FAMILY YMCA



MELT WORKSHOP

MELT helps address postural misalignments, opens up joint space, helps your body heal, decreases inflammation, reconnects and calms the nervous system, and rehydrates the connective tissue system for better balance, circulation, alignment, and grace in your everyday activities.

Join us at the Franklin Lakes Community Center

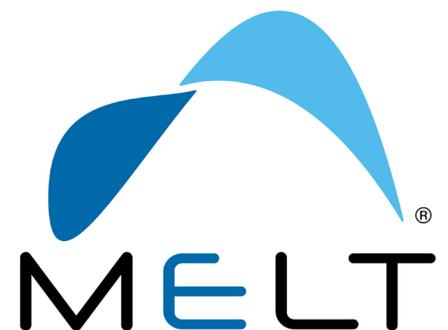
Mon. OCTOBER 31

6:30–7:45pm

MELT WORKSHOP

RELEASE stress, **REDUCE** aches and pains, and **RESTORE** your body back to its ideal state of alignment, balance, and grace with this therapeutic workshop using soft foam rollers and therapy balls.

INSTRUCTOR: JILL SLATER



FLCC: \$25 Y Basic / Full Member: \$30 Non Member: \$35 Space is Limited.

REGISTER ONLINE BY: OCT. 27 www.wyckoffymca.org