

STRESS-FREE SHOULDERS

Stress Reducing Solutions for Neck and Shoulder Tension



Are you tired of living with your shoulders up around your ears? Do you occasionally suffer from tension headaches or experience neck and shoulder pain? Gain Insights and understanding for what you can do to **relax and release shoulder tension and stress**. Develop exercise strategies to **improve fitness** for safe, functional arm and shoulder movement. **Enhance whole-body health** with *Stress-Free Shoulders!*.

When **Saturday, November 12th. 1:30-4:30pm**

Where **Pilates Performance & Rehab**
5638 SW 29th, Suite A, Topeka, KS 66614
Questions? Contact Desima Dawdy at (785) 267-5896

Workshop Fees \$135 OR *Refresher Course (repeat)* \$97
(1st Time Attendee) www.paypal.me/centerworks/135
(Refresher/Repeat Attendee) www.paypal.me/centerworks/97

PRESENTED BY • **Aliesa George** • PMA-CPT
ACE-Certified Personal Trainer • Level 4 Rossiter® Coach
• Mind-Body Mentor • BFA-Dance • 40 + years teaching, training, & coaching • Specializing in Pilates, Foot-Fitness, and Functional Movement to improve Whole-Body Health.

Contact Aliesa George, (316) 530-2280
Or email: Aliesa@Centerworks.com
Online at: www.Centerworks.com



Workshop Information

Stress-Free Shoulder exercise can help you:

- **Keep your shoulders STRESS-FREE! Pain-Free! and Injury-Free!**
- **Reduce or eliminate nagging upper body tension & stress**
- **Develop healthy movement habits**
- **Improve pain-free range of motion to enjoy a healthy and active life**

SPACE IS LIMITED!
Pre-Registration by Nov. 1 is Requested to Reserve Your SPOT in Class

Payment of fees will reserve your spot for this workshop. NO REFUNDS. Cancellations up to 3 days before the scheduled event can apply the full credit to a future class or private training session with Aliesa, or a Centerworks® product purchase.

Reserve Your Spot TODAY!

REGISTER ONLINE

(1st Time Attendee)

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(Refresher/Repeat Attendee)

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