Let’s Roll!

at the LP Fisher Public Library

FREE!

FOAM ROLLER WORKSHOP

with CREE GODFREY

Saturday, June 10  &  Saturday, June 17
(upper body)  &  (lower body)

1:00–3:00pm

Foam rolling is a self-myofascial release (SMR) technique used by athletes and physical therapists to stretch, lengthen and relax muscles. Come learn how to do it yourself using simple equipment and exercises.

Foam rollers provided

Must be able to attend both sessions

To register call 325.4777

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