

# *Let's Roll!*

# **FREE!**

**at the LP Fisher Public Library**

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## **FOAM ROLLER WORKSHOP**



*with* **CREE  
GODFREY**

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

**1:00–3:00pm**

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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.

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**Foam rollers  
provided**

**Must be able to  
attend both sessions**

**To register  
call 325.4777**

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