

**What is Self-Myofascial Release....? What is a foam roller?
How will it help me?**



***Do you suffer with general aches and pains? Are you an athlete?
Construction Worker? Do you do repetitive movements? Tennis elbow?
Golfers elbow? You may find relief from SMFR! Learn the basics and
take home techniques you can use for a lifetime!***

***Self Deep Tissue Massage...Increase Joint Range of Motion...Relieve Joint Stress...
Maintain Normal Functional Muscular Length....Correct Muscular
Imbalances...Decrease Headaches...Decrease Pain...Increase Circulation!***

*A Warren native, Shannon Strong is a Certified Personal Trainer, Lumberjill Competitor
and a Licensed Massage Therapist CT #7718 currently studying COMT (Clinical
Orthopedic Manual Therapy) and plans to be certified in 2014!*

*For more information or to register, please call 860 868 0693 or email @
sasharv61@sbcglobal.net www.shannonstrong.com & Facebook!*

***Classes are regularly \$15 Please bring water, a mat and dress comfortable.
Classes are held at the Community Center in Warren, Monday evenings
@ 6:00-700 pm***



***"The major setback I find is that people do not know what SMFR is and the unbelievable benefits! Trust
your intuition and try this class...the results are amazing!"
Shannon Strong A-CPT, LMT & SMFR Instructor***