

# TRIGGER POINT WORKSHOP



## Secrets to a Pain Free Life

A revolutionary hands on workshop  
taught by the Central Coast's  
trigger point expert.

### Benefits of Trigger Point Therapy

- Provides Pain Relief
- Increases Circulation
- Increases Flexibility
- Increases Strength
- Improves Balance
- Reduces Muscle Tension
- Prevents Joint Damage
- Prevents Osteoarthritis
- Lengthens Muscles
- Improves Posture
- Improves Sleep

3 Hour Workshop  
Saturday October 20th

1PM-4PM

\$95

Kennedy Club Fitness  
1299 James Way  
Arroyo Grande

### Joy Danley MA Ed, CMP, CPT

Joy is a trigger point specialist. She has successfully treated thousands of clients suffering from debilitating pain. Her mission is to revolutionize the way we treat pain with a natural solution - trigger point therapy. Learn how to heal yourself at this self help workshop. Space is limited - contact Joy today to reserve your spot.



Contact Joy  
805-459-4880

[www.rollpainfree.com](http://www.rollpainfree.com)