

# POSTURE PERFECT



With

## Anti-Shrinking Strategies

Join us

Feb 6th 5:30pm or Feb 7th 11:30am @ OasisFitness

*\*Learn to Eliminate Tight Shoulders & Neck*

\*Prevent Falls \*Posture Control \*Stride/Gait Form

\*Straighten & Lengthen Spine

## **ABC's of Functional Movement for Joint Health & Balance**

Space is limited! Please reserve a spot at the front desk or  
txt/call Mary Margaret, Myoskeletal Alignment Therapist

**831-524-2581** \$45 each

Don't delay - Reserve Today! **PERFORMANCE AT YOUR BEST!!!**