

On a Roll Clinic



The keys to longevity and quality of life are nutrition, posture, length and strength.

The use of a foam roller works with movement – the goal being elasticity, using postural, core and peripheral strength. For pre-workout, recovery and maintenance, rolling is an efficient and effective method that promotes wellness and improves performance. “On a Roll” is an instructional clinic in the use of a foam roller from head to toe. Handouts will be provided and the emphasis will be hands-on. Participants will leave with a theoretical and functional knowledge and skills.

Wear comfortable but close-fitting clothing, tie long hair up and out of the way. A limited number of rollers will be available for use in the clinic; please bring your own if possible. They may be purchased at Home Supply in Belfast and from PerformBetter.com. Purchase the dense dark foam version, not the soft white model.

SPORTS AND ORTHOPEDIC MASSAGE AND FUNCTIONAL INTEGRATED FITNESS

William Armstrong LMT
Willow Hall LMT

Bill Armstrong has been in practice since 1988 concentrating on soft tissue injuries, prevention and treatment based on facilitating functional movement and empowering his clients.

Willow Hall has been in practice since 2003 offering health coaching and bodywork to empower her clients to understand the subtle and not so subtle messages of their bodies.

When: Sunday, January 22, 2017 2-4pm

Where: Dancing Elephant, 16 School St,
Rockland, ME 04841

Cost: \$40

Please call 207-338-6624 to register.