



# Saturday, July 30th

## Honolulu Fascial Health Class

# How to Roll Away Body Aches & Joint Pains



**Anthony Chrisco,**  
BS, ACE, NASM, PES

### **Honolulu Community Room**

2525 S. King Street, Suite 302  
(3rd Floor, above our Honolulu store)

**Saturday, July 30th**

**10am - 11:30am**

**Admission: \$25**

*Please Bring Personal Yoga Mat*

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### **Reservations Required**

**Online: [d2e.co/FasciaJuly2016](http://d2e.co/FasciaJuly2016)**

**Or Call: (808) 947-3249**

Join Anthony Chrisco, the developer of the Fascianator Roller and Fasciantion Method of self-myofascial release, as he guides students step by step how to roll their fascia with the Fascianator® roller. Your body's fascia may be the cause of many musculoskeletal ailments, such as tennis elbow, shin splints, back pain & more. For more info visit [d2e.co/FasciaJune16](http://d2e.co/FasciaJune16)

#### **Class Cancellation Policy**

Class will require reservations by at least 5 people. In the event of cancellation (3 days before event) everyone who signed up will be notified by email and phone. 3 day notice required for ticket refunds.