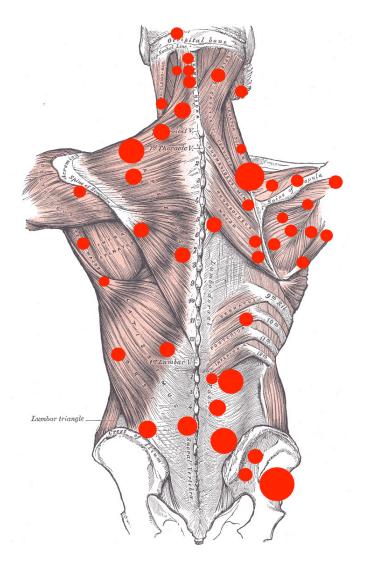
## Self-Myofascial Release Seminar

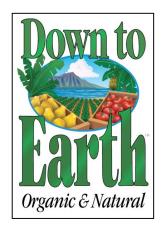
February 6 2014 - 5:30-6:30pm - Kapolei Community Room



## Do you suffer from any of these ailments?

- Plantar fasciitis or Heel Pain
- Shin Splints
- I.T. Band Syndrome
- Sciatica or Low-Back Pain
- Frozen Shoulder Syndrome and/or Tennis Elbow
- Carpal Tunnel Syndrome
- Migraine/Tension Headaches
- Constipation
- Fibromyalgia

## If you answered Yes-this Free Lecture is for you!





Come learn how the myofascial system in our bodies serves as the tensional network of the human body. Classified as an organ system in 2012, it is now one of the most studied tissues in human movement science. Come learn how to take care of what is now known as the largest organ system in the human body. For more information, please call (808) 947-3249.

Anthony Chrisco, BS, ACE, PES is one of only two Founding Members of the Fascia Research Society in the state of Hawaii and a Continuing Education Provider for the National Academy of Sports Medicine and the American Council on Exercise. He is the owner of Your Body is Waiting, LLC and is the developer of the patent pending Fascianator Roller and Fascianation Method Self-Myofascial Release process. He currently travels the nation presenting the new science of fascia to experts in the medical and strength and conditioning fields.