



# FREE MELT HAND & FOOT TREATMENT

**Tuesdays  
1:30 pm - 3:00 pm**

**Do you have:**

- Body aches and pains?**
- Neck & low back pain?**
- Tension arthritis, carpal tunnel  
or plantar faciitis?**



**Come to a 90 minute free MELT class and experience immediate changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy and pain-free. It is time to get out of pain and feel better now.**

**MELT, using small balls to rehydrate the connective tissue in your body, is a gentle, pro-active approach to managing your chronic aches and pains in only 10 minutes a day. Everyone can do it!**

***Nancy Starr, Certified MELT METHOD Instructor***

**Veterans Park Senior Center  
301 Esplanade  
Redondo Beach, CA 90277**



Presented by City of Redondo Beach  
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