



FastTrack Pain & Mobility
SOLUTIONS
Quick Recovery for Performance and Function

&
Twin Palms Massage Therapy
Balancing your Mind, Body, and Spirit.

Eric Goodbar (540) 580-1231
Advanced Drug Free Therapy 3108 Peters Creek Rd.
Rossiter System® & Massage Roanoke, VA 24019
www.TwinPalms.MassageTherapy.com

NEW Mind, Body, & Movement Classes

(Class starts on January 7th, Saturdays 5-6pm. Skipping Jan. 28 & Feb. 25. Arrive early.)
Inside Life Church on Deer Branch Rd., behind Oakeys Funeral Home on Peters Creek Rd.

\$15.00 per class (pay per class in person only)

Limited Time Special below. Pay in person or online

8 classes total = \$80.00 per student

Sign up 2 or more people for an extra 10% off

Call 540-580-1231 to register.

Class Description:

Boost your quality of life with skilled body awareness and mindful movement strategies. These unique classes have been constructed by an advanced pain and movement specialist and martial arts instructor. Combining a mix of extraordinarily simple yet effective skills for people of all walks of life and all talents. The goal of the class is to provide you with resourceful knowledge and restorative movement to help yourselves improve how you feel in your daily lives. Studies show that improving your movement quality, posture, balance, breathing, function, and performance will help relieve your stress, tension, achy joints and soft tissues and will add years to your life and quality to your years.

You can combat back pain and many other common problems with the skills introduced in this class. Because of the teachers unique training background, most of the concepts behind these skills are from outside of the box or slightly tweaking the most common strategies for better results. Come in with an open mind. Welcome the process. Explore and restore your body. These skills can be used for the rest of your life.

- Learn things that most doctors, therapists, and other wellness pros won't tell you.
- It's like a combination of some Fountain of Youth Wisdom and a First Aid Kit for improving your aches, pains, stiffness, and stress.
- **Help your system to reset** before and after activities.
- **Don't fear common kinks, tweaks, aches, stiffness** that would often run you to the doctor for x-rays, MRIs, and medicine. (This isn't a replacement for seeing a doctor or counseling not to see a doctor)
- Class is **for mature teens all the way up to seniors, elite athletes to couch potatoes**. If you can move at least fairly well or better and can get on/off the floor you can participate in all classes. If you have limitations, please inquire to see if any of the classes could still help you.
- Improve balance and mobility. Good for everyone, including seniors, to reduce fall risk.

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231

Mind, Body, & Movement Class
FastTrack Pain & Mobility Solutions
540-580-1231