



In Motion

Health – Wellness - Fitness

Pain Management | Rehabilitation | Injury Prevention

September Specials

Vega Protein Bar Blow Out

- Plant Based Nutrition
- 20g Protein
- Superfood Ingredients

***BUY ONE – GET ONE
FREE***

Pain & Posture Classes

- *Level One class beginning
September 11'th*
- *Level Two class beginning
September 9'th*
- *Learn how to fix your aches and
pains once and for all!*

6 Week Program for as low as \$69!