

health &
wellness

at the
Sabes JCC



NEW! ELDOA

DAY/TIME: Fridays • 8:00 - 8:55 AM

LOCATION: Sabes JCC

COST: \$95 • \$72 Member Value Price

FALL 2019 SESSIONS:

1: September 9 - October 6

2: October 7 - November 3

3: November 4 - December 1

ELDOA is a revolutionary technique created by world renowned Osteopath Dr. Guy Voyer. This technique of muscle stretching is designed for widening the space within a chosen articulation. It is one of the safest and most effective ways to create space, balance, and correcting posture in the body.

Questions? Please contact Jory Kircher at jkircher@sabesjcc.org or 952-381-3418

sabesjcc.org



sabes jcc
minneapolis