



Benefits of Assisted Stretching

- Improves longevity
- Fewer injuries
- Balance the body's muscular imbalances
- Reduce pain and stiffness
- Improve posture and balance
- Improve state of mind by increasing serotonin levels
- Increase muscle strength and flexibility

Time & Cost

45 minute sessions/\$50



Things to Know

Wear comfortable clothing that is easy to move in. Also, bring or wear socks.



Sessions are offered at Dahlonga Chiropractic Life Center

Schedule your appointment today!

Call/text 937.750.9704

Or scan the self-schedule calendar QR code



Sonja Ostendorf

- LMT
- Certified FLEXOLOGIST
- E-RYT 500+ Yoga Instructor
- Certified Reflexologist

Payment: Cash/Check/Venmo/Zelle