

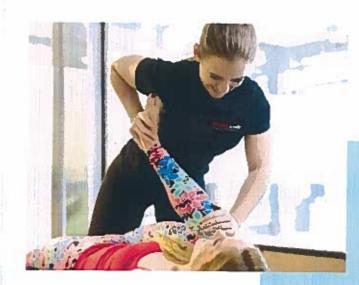
### Time & Cost

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 Dahlonega Chiropractic Life Center

### 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

# Schedule your appointment today!

Call/text 937.750.9704
Or scan the self-schedule calendar QR code



#### Sonja Ostendorf

- LMT
- Certified FLEXOLOGIST
- Certified Reflexologist

Payment: Cash/Check/Venmo/Zelle