

STRETCH THERAPY

**WITH NICK SAMARCO, FASCIAL
STRETCH THERAPIST (FST)**

BENEFITS OF FST:

- Relaxation
- Pain Relief
- Postural Correction
- Improved Joint Health
- Increased Flexibility
- Aids Recovery

Longer Lasting results than Massage Therapy



Contact us for a
Complimentary Demo
Morgan Run Health & Wellness
858-759-5401
nicholas.samarco@clubcorp.com