

Icing for Pain Workshop

When: July 11th, 2022

**Where: 336 Baker
Avenue Concord, MA
01742**

(Live)

Zoom

(Virtual)

Time: 1pm to 2:30pm

Cost: \$39

Please bring:

- **Ziplock bag**
- **Towel**
- **6 cubes of ice**
- **Wear comfortable clothes!**

- **Reduce pain**
- **Reduce swelling**
- **Learn the proper way to apply ice**
- **Improve range of motion**
- **Learn to treat minor injuries at home**

**Taught by Beverley Ikier,
member of the NCSF and creator
of Osteofitness™!**



IKIER WELLNESS

Osteofitness and Massage Therapy

