



maximummobilityandtraining.ca

**403-928-2841**

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## ***Specializing in Fascial Stretch Therapy™***

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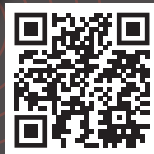
FST™ is a full-body therapy for all age groups, all fitness levels, and anyone looking to improve their mobility and reduce pain with movement.

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***FOR A LIMITED TIME  
Get An Initial Assessment  
for \$60.00***

That's a 90 minute session for the price of a regular/follow up 60 minute session.

(Regular Price \$75.00. Valid until September 30, 2022.)



**CONTACT US TODAY!**

# Benefits of Fascial Stretch Therapy™

- increased range of motion, or flexibility
- improved posture
- improved physiology  
(like sleep, digestion and energy)
- decreased pain

Most clients have increased mobility after just one treatment, lasting several weeks to months.

Max is a Certified Level II Fascial Stretch Therapist and received his certification through the Stretch To Win Institute.

**BOOK AN ASSESSMENT TODAY!**



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