



Discover Balance

Achieving Balance in our Bodies: "Why Do I Feel So Stiff in the Morning?"

Monday, April 11, 1:00-3:00 pm
DWN HUB

Discovering What's Next invites you to "*Achieving Balance in Our Bodies: Why do I feel so stiff in the morning?*", Monday, April 11, 1:00 - 3:00 pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Newton. This is part of our ongoing series, "*Achieving Balance in Mind, Body, and Spirit.*"

Does it take you until 10:00 in the morning before your body starts to loosen up? It's all about your soft tissue—the kind that every one of us has - webbed and woven throughout our bodies.

In this interactive presentation facilitated by Mo Lanier, you will learn about types of soft tissue in the body, how and why it makes us feel stiff, and how it changes with age. Once you gain some understanding, you will learn various self-massage techniques to break it down so you can get up and move with more ease and comfort.

Mo Lanier is a Certified Personal Trainer with the National Strength and Conditioning Association and President of *Greatest Age Fitness*, here in Newton, a fitness center dedicated to those who aren't 25 - or 35 - or even 45 - anymore, who want to keep doing the things that they like and need to do.

Fee for this program is \$5.00 payable at the door. Kindly pre-register for this program by email to info@discoveringwhatsnext.com or phone 617-467-5438.

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