

# READY TO ROLL

Self-massage techniques to  
erase pain and enhance  
performance

**\$35**

**August 8, 2015**

Saturday

1:00 to 2:30 pm

ROC City Wellness

1598 Penfield Road

Rochester, NY 14625

Send Payment to: Carol Kennedy 4572 St Paul Blvd, Irondequoit, NY 14617

For further information, contact

Carol Kennedy at [carol@carolkennedyLMT.com](mailto:carol@carolkennedyLMT.com) (585)317-8179

or Lynn Rakestraw at [MLRakestraw@yahoo.com](mailto:MLRakestraw@yahoo.com)

Name \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

Enclosed is my check for \$ 35.00 made out to "Carol Kennedy"

No refunds unless we are able to fill your spot.