**Who?** Anyone wanting to learn MELT, a self-care method, to relieve aches & pains

**When?** Sat, Feb 17th

**Time?** 10:30-12

**Where?** Cresent Moon Wellness Center

93 W. Geneva St Unit 1E Williams Bay, WI

**Cost?** $40 (Zelle (630) 849-3894) or cash or check

**$45 day of the event**

**Register by emailing Mary at meltingwithmary@yahoo.com**