

**Want to walk away from pain?  
Feel lighter, taller, younger and stronger?  
Let us show you how!**

# ***WALKING TO WELLNESS***

a two session training in Dynamic Walking for only \$50

Saturday, September 24<sup>th</sup> and October 1<sup>st</sup> 12:30 - 2:30 pm

HEALUS CENTER  
655 Redwood Hwy, Ste 225, Mill Valley, CA

*“I could not walk more than 10 minutes without pain...after  
WALKING TO WELLNESS, I can walk for an hour or longer, pain free!”*

## **Training Sessions:**

*Discover your stride  
Practice new skills  
Road test your new walk  
Handouts for review*

## **What you learn:**

*Improved balance and flexibility  
Stretches to optimize effortless ease  
Preventing Repetitive Stress to joints*



## ***Discover Dynamic Walking***

*a proven method since 1985*

Dynamic Walking trains your body and mind to recover your natural healing stride. For 30 years, Suki Munsell, Ph.D. has taught people to optimize their conditioning by walking with efficient biomechanics. Dion Winter & Russell Munsell will be assisting and adding their talents.



**Questions? 415-342-3323**