



Block Therapy

with Zack Sweatman

Block Therapy is a self-care tool that works in the fascia system. Through proper posture/alignment, belly breathing, and simple posture awareness/strengthening, Block Therapy improves general wellness and improves health, but can also be used to treat a wide-range of conditions. Common conditions such as carpal tunnel, plantar fasciitis, neck or back pain, rotator cuff strains, stress relief, face lifts, varicose vein and cellulite reduction, and many more. Systemic conditions have also benefited from Block Therapy including- Cerebral Palsy, Scoliosis, chronic pain and injury, fibromyalgia, Parkinson's, significant scar tissue, etc. Join a class and experience this new revolutionary meanshy of self-improvement.

Block Therapy Classes:

**Tuesday Evenings
6-7 p.m.**

**Wednesday Mornings
10:30-11:30 a.m.**

*Change on Thursdays
begins July 11*

Please note: Any schedule changes or cancellations due to instructor or the Y will be posted on social media.