

Learn How You Can Live Pain-Free Without Drugs



# Pain Relief Clinics

*"10 Minutes To Pain-Free"  
Offered At Los Osos Fitness*



I'm Jenny Brantlee (Jenny "B"), and I've helped hundreds of people overcome pain and disabilities through simple exercises. You are invited to a workshop where I can help you, too.

By following the demonstrations I show you in this 45-minute workshop and doing them regularly, which takes only 10 minutes, you will find your aches and pains quickly disappearing.

Learn how in only 10 minutes you can:

- Eliminate Pain and Stiffness
- Restore Flexibility and Ease of Movement
- Heal Yourself Naturally, Without Drugs

## - NOVEMBER & DECEMBER SCHEDULE -

**Pain-Free Neck**: Friday December 3rd at 2 p.m.; Sunday, December 5th at 3:45 p.m.; Sunday, December 19th at 2:45 p.m.

**Pain-Free Shoulders, Wrists & Hands**: Friday, December 3rd at 3 p.m.; Sunday, December 19th at 3:45 p.m.

**Pain-Free Back**: Friday, November 12th at 2 p.m.; Sunday, November 14th 2:45 p.m.; Sunday, December 5th at 2:45 p.m., Friday, December 17th at 2 p.m.

**Pain-Free Hips, Ankles and Feet**: Friday, November 12th at 3 p.m.; Sunday, November 14th at 3:45 p.m.; Friday, December 17th at 3 p.m.

**Los Osos Fitness**  
1078 Los Osos Valley Road

**\$10 per workshop.** Members receive a \$10 coupon good toward purchasing the "10 Minutes To Pain Free" DVDs. Contact Jenny "B" Brantlee, 805.234.7279