

REBOUNDING

The Awesome Exercise That Everyone Should Do



Strengthens every cell (including internal organs) for a total body fitness

Improves immune system-increases white blood cells

Most effective exercise for moving lymph

85-90% shock – free

Slows brain waves for meditation or more efficient learning

LEARN TO UNLOCK THE HEALING POWER WITHIN YOU

WHEN: February 24, 2009 – 7:00 p.m.

WHERE: Abundance Wellness Center-325 John Knox Rd., Building T

COST: **FREE**

Marcia Robinson, Certified Reboundologist will discuss the benefits of rebound exercise, how it works and how to move on the rebounder.

Seating is limited! PLEASE reserve your spot in advance. CONTACT either **Marcia Robinson** bounce4health@yahoo.com (850-491-6026) or **Linda McCue** at llmccue@netscape.net (850-545-3978). For directions, please visit www.awc-tallahassee.com