Flyer design

Purpose: Free Seminar invitation

Title: Eliminate Pain and Tightness For Good

Call to Action: Sign up online at bodyrehabgym.com/free-seminar

Key points:

* Identify the underlying cause of your pain and mobility issues
* Expose what gets in the way of you moving and feeling better
* Learn why traditional exercises don’t help and can actually make the problem worse
* Reveal what your posture is saying and how that impacts you
* Experience your muscle imbalances through movement tests
* Discover the training method that realigns your posture, increases your mobility and reduces your pain