



"FINDING GOOD POSTURE"

Oregon Massage Clinic

&

Intelligent Movement Forever

are pleased to present a special event with:

VIA ANDERSON,

Yoga & Movement Therapist

On First Friday Artwalk, August 5, 2016



Stop by & get a **FREE**
GOOD POSTURE GUIDE

SPECIAL OFFER:

Buy ONE massage session
at Oregon Massage Clinic
and get 20% off of ONE
Intelligent Movement
Session with Via.
(Good through August 31)

Via Anderson will talk about "Finding Good Posture"

on Friday, August 5,
at 5 pm, 5:30 pm, 6 pm, and 6:30 pm,
at the **Oregon Massage Clinic**,
408 E. 1st Street
between Blaine St. & Howard St.

NOTE: This presentation will include audience
participation and time for questions and answers.

*Oregon Massage Clinic's goal is for you go live a happy, healthy and pain-free life. Via Anderson is the creator of **Intelligent Movement Forever**, whose mission is to help you unlock your intelligent, pain-free movement for better performance and healthy aging. We are working together to bring you information on important healthy living topics. Oregon Massage Clinic can be reached at 503 538 0100.*

***Via Anderson** is a 74-year-old grandmother who embodies intelligent movement herself and helps others do the same in private sessions in her home studio and online and in local classes, workshop, and special events. She can be contacted at yogawithvia@mail.com, www.intelligentmovementforever.com or 971 708 9261.*