

Feel Better Now

MELT Method Classes at Be Well Austin

Come to a MELT Method Fundamentals Workshop or Series and experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life!



MELT classes will use a specialized soft roller and small MELT hand and foot therapy balls to stimulate the results of manual therapy.

- Learn to eliminate stuck stress before it accumulates, addressing chronic aches, pains, and unwanted signs of aging.
- Reduce inflammation, ease chronic neck and low back strain
- Improve alignment
- Enhance athletic performance
- Keep your whole body feeling great at any age.

You do not need MELT supplies to attend class, but feel free to bring your own if you have them.

Join MELT Method Instructor
MeriJayd O'Connor, CST-D, LMT, MTI
Fall Schedule

Help for TOO MUCH SITTING!

Dates: Oct. 7, Oct 14, and Oct. 21

Time: 5:30-6:30 pm

Fee: \$25 per session, or \$70 for the series

All classes are at Be Well Austin,
1908 W. Koenig Ln. 78756

To register, contact me at:
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