



The Good Companions  
Seniors' Centre  
*Supporting a Vibrant Community*

# Alan P. Sentance Educational Lecture Series: Active Release Technique For The Active Senior

Presented by Michael Michaud RMT, ART and Brittany Gaudet RMT, RAc



Tuesday, January 23<sup>rd</sup> 2018  
1pm—2;30pm

The Good Companions

Active Release Technique (A.R.T.) is a hands-on treatment used for treating soft-tissue (i.e. muscle, tendon, fascia, nerves). Plan to attend this very informative session and learn how this technique can treat common problems such hip, shoulder and knee pain and other problems. **This is a free seminar. Members and non-members are welcome and encouraged to attend. Please register in person or call Front Reception to reserve your spot.**

The Good Companions - 670 Albert St.  
Space is limited. Call 613-236-0428 or stop by our Front Reception to register.  
Parking available (\$2.50/Day)  
OC Transpo routes: 8, 16, 41, 85, 86, 87, 91, 92, 94, 95, 96, 97, 98, 99.