



**SYNERGY**  
REHABILITATION & CHIROPRACTIC

## Get Your Abs In Shape This Spring

*Pilates Reformer Session—  
Pay for 1 hour and bring  
a friend for **FREE.***

expires  
4/30/11

### *This Is The Workout That Will Change Your Body!*

Develop longer, leaner muscles, strengthen your core and lose inches in a matter of weeks. Hundreds of exercises to challenge and motivate you. Private lessons or duets designed to strengthen your core, stabilize your spine, and get rid of back pain.

## Why Is Massage Therapy Different In Our Office?

*Deep Tissue Massage  
**\$10 off**  
a 1 hour Massage*

expires  
4/30/11

*Our Board Certified Therapists and Doctor are trained in a variety of unique massage techniques that address back, neck, and extremity pain:*

Sports Massage  
Pre- and Post-Natal Massage  
Myofascial Release  
Active Release Technique®  
Massage for Chronic Pain  
Neuromuscular Re-education  
Trigger Point Therapy

**Synergy Rehab and Chiropractic, LLC**

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[www.synergyrehabandchiro.com](http://www.synergyrehabandchiro.com)

and have no cash value. Each coupon may be used one time per person.