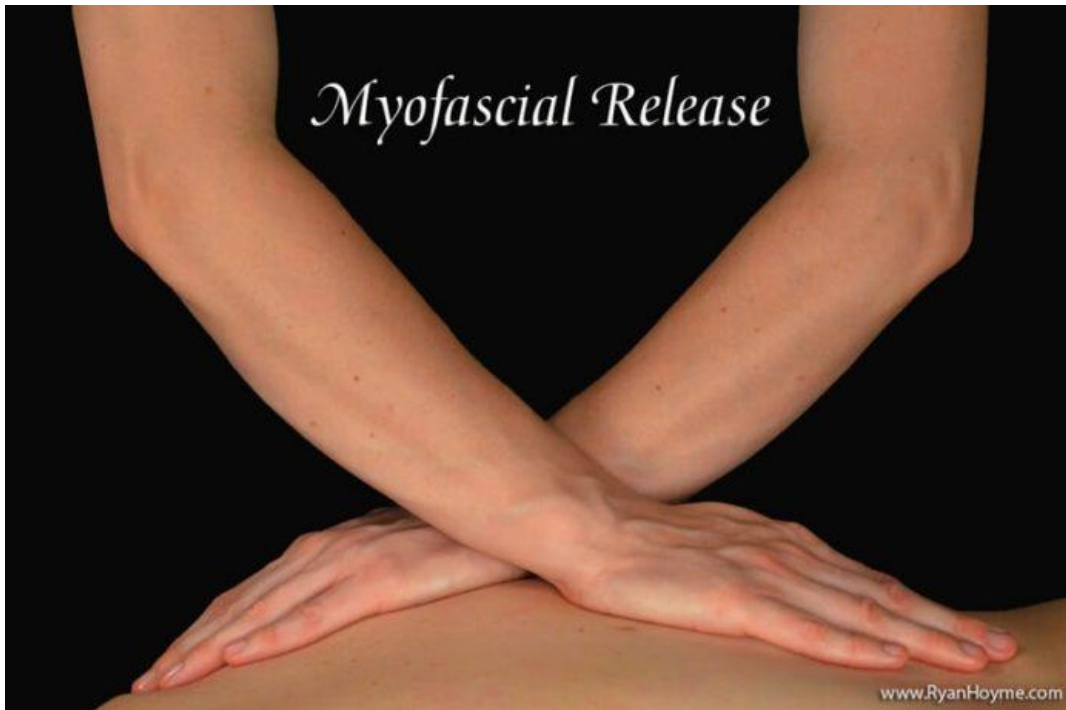


Myofascial Release (MFR) for Pain Management



with Rachele DeCrescenzo, owner of The Healing Journey

Is pain stopping you from participating in the things that you love? Join Rachele DeCrescenzo as she presents an in-depth look at the John F. Barnes approach of Myofascial Release (MFR). She explains how it differs from other forms of therapy, and how utilizing MFR can be a proactive way to keep you pain-free and active. Rachele will also present strategies that you can use to jump start your own healing.

Tuesday, January 19 at 7:30pm

To JOIN the Meeting: <https://bit.ly/3hbzLDU>

**For more information, call 908-730-6135,
or click on the Calendar of Events at www.hclibrary.us.**