



FREE

TRIGGER POINT THERAPY

A trigger point is a tight area within tender muscle tissue that causes pain in other parts of the body.
Therapy can help relax the muscles and help reduce inflammation.

DR. GRAY BEAULIEU, DC

First WEDNESDAY

of the month.

1: 00 – 2:00 PM

**YOGA in COMMON
The Market Common
3062 Deville St.
Myrtle Beach, SC 29577
843.839.9636**