

## Attention Athletes!

Does muscle or joint pain prevent you from achieving fitness goals?

**We can help!**

The Graston Technique®  
is the soft tissue treatment that...

- Relieves pain
- Promotes faster healing
- Prevents acute injuries from becoming chronic problems
- Improves range of motion
- Increases athletic performance!

**B-FIT CHIROPRACTIC**  
**Dr. Kim Lazarus, DC**  
is the only practitioner  
in Los Alamos who is  
certified in the  
Graston Technique®.

During your session  
she will use specialized  
instruments to stimulate the  
tissue to repair and restore itself.

**PHOENIX BODYWORKS**  
**Reuben Peck, LMT**  
trained in Swedish Massage, Trigger Point Therapy  
and Sports Massage at the Scherer Institute for Natural Healing.

As a massage therapist, Reuben has helped runners, swimmers  
and rock climbers achieve higher athletic performance.

*See other side  
for another great  
fitness offer!*



**Special Offer – For First Time Clients – Expires on May 31, 2010**

**Call and make your appointment to get a  
1 hour massage & ½ hour Graston Technique® treatment  
for only \$75.00, normal retail price \$120.**

**B-FIT CHIROPRACTIC 505.662.1905 • PHOENIX BODYWORKS 505.908-0145  
3250 TRINITY DRIVE • LOS ALAMOS, NM 87544**