



Yoga - Pilates - Massage Therapy

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IL-MELLIEHA

FREE Wellness Talks by US trained Melissa Poplaski, in collaboration with Mellieha Local Council. For seat reservations call: Marvic De Bono on 21521333.

Happy Joints



Joint Replacement Facts:

- Most people who undergo a knee replacement are between the ages of 50 and 80. The average age is 70 and 60 percent of the recipients are women.

- For 80–90% of people who have total knee replacement, the new joint should last about 20 years, and it may well last longer.
- If you've had a partial knee replacement, you're more likely to need a repeat operation – about 1 person in 10 needs further surgery after 10 years.

In this talk we will discuss:

- The importance of Pre/Post operation care
- Natural methods to reduce inflammation
- Nutritional tips to help with surgery and recovery
- The impact of smoking and drinking on rehabilitation process
- Movements to reduce stiffness at the joints

About Core Balance Movement: For the past 20 years, Core Balance Movement has helped hundreds of people from all walks of life by using movement therapy as medicine to heal the body. Our philosophy is to use a non-invasive, non-pharmaceutical approach to address these health issues by allowing our bodies to heal themselves. I started Core Balance Movement back in California where I combined my training and hands-on experience in bodywork/therapeutic massage, pilates, yoga, strength and conditioning to create a unique holistic body approach. I am now happy to be offering these services in Malta and want to help bring awareness to mindful movement as medicine. You can learn more about us and our qualifications on our website: www.corebalancemovement.com

Location: Mellieha Local Council Building (Computer Lab)

Date: 11 April 2020

Time: 09:00 to 10:30am

Cost: FREE and open to the public - all ages welcome

For reservations: Contact **Marvic De Bono on 21521333**. Limited spaces available so bookings are on a first-come-first served basis.