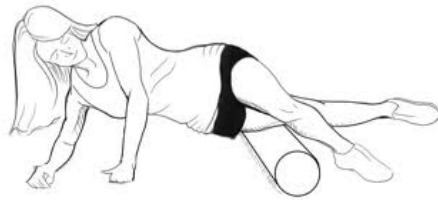


Runners come and meet Jane Rackham 8th June 2013 11am



For a Talk/Demo on Foam Rolling and the Rossiter Sytem

Address Cotswold House, Pancake Hill
Lower Chedworth
GL54 4AP



Jane Rackham has been in the Fitness Industry for over 20 years. Teaching Fitness classes, Sports Massage and more recently Offering Myofascial Release through the Rossiter System.

Jane is a keen runner and triathlete and has competed at Ironman Level. To help keep the body in optimum condition means looking after it, so her motto is 'Don't Leave it Treat it !! For more Information about the Rossiter System please visit her website to take a look at this powerful pain relieving treatment.

www.therackhameffect.com.

Jane would welcome any questions before the talk so you can email her at jane@therackhameffect.com

