

Jerri Taylor @ Premier presents

# Get Straight With Jerri

**Free Group Classes In March**

Try the Egoscue method to become pain-free



**Wednesdays at 12 PM**

**Thursdays at 5:30 PM**

In each "Get Straight with Jerri" class, we will get the pelvis and hip neutral, then focus on the body as a whole. Once the body is aligned, we'll work on specific symptoms and painful areas. Everyone will leave the class feeling better.

**Have you tried pills, physical therapy, or considered surgery to break free of chronic pain?**

**This revolutionary therapy will change your life forever.**

- Mar. 10 - scoliosis
- Mar. 11 - scoliosis
- Mar. 17 - bow legs & knock knees
- Mar. 18 - bow legs & knock knees
- Mar. 24 - hip pain
- Mar. 25 - hip pain
- Mar 31 - neck pain
- April 1 - neck pain



**PREMIER**  
FITNESS

**Fun, Safe, & Challenging for Beginner to Advanced Fitness Levels.**

**Jerri Taylor • Certified Postural Alignment Specialist utilizing the Egoscue Method  
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