Pain Away

ATTEND A PAIN AWAY CLASS AND LEARN HOW TO GET RID OF PAIN USING STRUCTURAL FOAM ROLLING TECHNIQUES.
FOR MORE INFORMATION VISIT: blink.ucsd.edu/go/painaway

2014 Class Schedule

Green Table Room; Price Center West
July 10 (12:30pm - 2:30pm)

University Center Building 401
July 29 (11:00am - 1:00pm)
August 14 (12:30pm - 2:30pm)
August 26 (10:00 am - 12:00pm)
October 2 (12:30pm - 2:30pm)
October 28 (11:00am - 1:00pm)
November 20 (12:30am - 2:30pm)

Torrey Pines Center South; BFS Conference RM 430A
September 10 (10:00am - 12:00pm)

HOW TO REGISTER:
Register Online: UC Learning Center
Keyword Search: PAINAWAY
Fees covered by Environment, Health & Safety for UCSD Campus Employees!

Prerequisite and preparation: Wear comfortable clothes and be willing to work with a foam roller and a softball provided during class. This class is not intended for employees who are currently seeking physical therapy and are not physically able to participate in the exercises. You may want to consult your health care provider before enrolling in the class.