Pain Away
CLASS

COURSE CONTENT

Roll Away Pain
Come for 20 Minutes or
Stay for the Whole Class

Learn how to get rid of pain using structural foam rolling techniques.
Visit: blink.ucsd.edu/go/painaway

LOWER BODY
◊ FEET TO KNEES (20 min)
◊ KNEES TO HIPS (20 min)
◊ HIPS TO LOWER BACK (20 min)

UPPER BODY
◊ HANDS TO ELBOWS (20 min)
◊ ELBOWS TO SHOULDERS (20 min)
◊ SHOULDERS TO NECK (20 min)

NO CHARGE!

2013 Class Schedule

SIO Munk Conference Room 300
July 16 (11am-1pm)
Price Center West @ Bear Room
July 31 (10am-12pm)
BFS Conference Room 430A, Torrey Pines Center South
August 15 (3pm-5pm)
Price Center West @ Red Shoe Room
August 27 (11am-1pm)
University Center Building 401
September 4 (10am-12pm)
September 26 (3pm-5pm)
October 9 (10am-12pm)
October 22 (11am-1pm)
November 5 (11am-1pm)
November 21 (3pm-5pm)
December 3 (11am-1pm)

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.

University of California, San Diego-Environment, Health & Safety