PAIN AWAY CLASSES

Come for a twenty minute segment or the whole class to learn structural foam rolling techniques in alleviating muscular discomfort and pain

FOR MORE INFORMATION VISIT: blink.ucsd.edu/go/painaway

2019 Class Schedule

EH&S Training Room, University Center 401
January 9 & 23 (11:30-1:30)
February 6 (11:30-1:30)
March 6 (11:30-1:30)
April 3 & 17 (11:30-1:30)
May 1 & 15 (11:30-1:30)
June 5 & 19 (11:30-1:30)

Scripps Inst. Oceanography; Martin Johnson House; T-29
February 20 (11:00-1:00)
May 29 (11:00-1:00)

Class Breakdown
Feet to knees (first 20 minutes)
Knees to hips (20 minutes)
Hips to lower back (20 minutes)
Hands to elbows (20 minutes)
Elbows to shoulders (20 minutes)
Shoulders to neck (last 20 minutes)

Even for a 20 minute session, please be sure to register!

HOW TO REGISTER: Register online through UC Learning Center
Keyword Search: PAINAWAY

Fees covered by Environment, Health & Safety for UCSD Campus Employees!

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Prerequisite and preparation: Please wear comfortable clothes and socks. Be willing to work with a foam roller and a softball provided during class. You may wish to bring a towel or yoga mat as there will be floor work. 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.