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Move Without Pain

10 Day Challenge!

Begins **Thursday, September 17th at 12 pm Eastern/New York time.**

Spend just 90 minutes a day for 10 days and change your life!

Hosted live in a private Facebook Group.

Recorded if you can't make the live sessions.

Register [here](#).

This special 10-day challenge walks you step by step through strategies that effectively impact pain, health, and the aging process.

Every day of the challenge you will discover why pain or poor aging happens and a strategy to resolve it.

Learn how to locate your own pain culprit areas and the secret to aging well.

Live instruction and your questions answered every day.

5 unique workouts to address pain culprits, pelvic floor, and more.

Get rewarded with prizes for doing your homework!



Move Without Pain

Life is meant to be enjoyed, not endured!