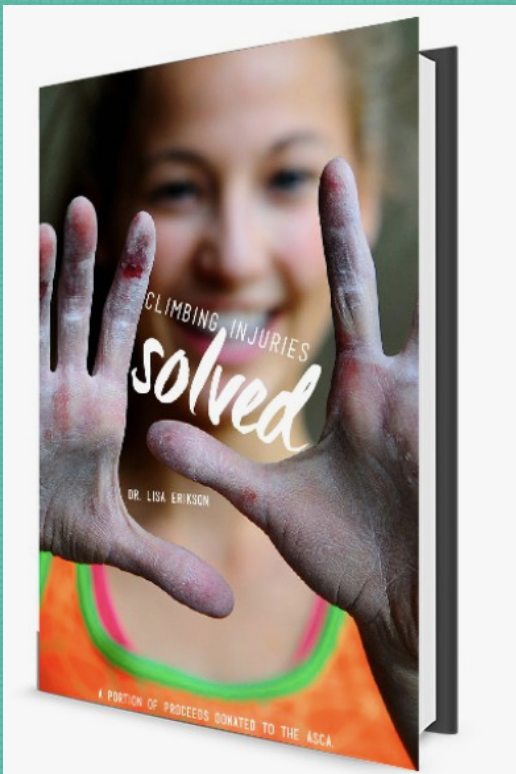


CLIMBING INJURY WORKSHOP

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21ST

Heal Your Forearms & Fingers: Learn Self-Care / Forearm Rolling

**Past USA Climbing Doc, Climbing Magazine
Writer & Climbing Injuries Solved author Dr Lisa
Erikson, will teach you:**



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- Learn pulley injury care
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- Control spasms & sharp pains
- **AND Get a FREE forearm roller!**

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