



*Presents Lunch N' Life*

**With**

**Nancy Shaw,  
Myofascial Trigger Point Therapist**



**Join us to learn about myofascial Trigger point therapy.**

**If it hurts, she may be able to help you!**

**Myofascial trigger point therapy can help relieve tightness and stiffness in your body. Learn about what myofascial trigger point tissue is and how this muscle technique works.**

**Thursday, August 28th, 2025  
11:15 am – 1:00 pm**

**Location:  
The United Baptist Church  
7100 Columbia Pike  
Annandale, VA 22003**

**Cost of Lunch: \$15 per person**

**To Register:** Call the SCAS Office at (703) 941-1419 by Monday, August 25th  
or send an email to [shepherddscas@vacoxmail.com](mailto:shepherddscas@vacoxmail.com)

***Our lunches are catered so pre-payment is required.***  
**Send Check To:** SCAS, 7610 Newcastle Drive, Annandale, VA 22003.