

FOAMITE®
FOR COMFORTABLE LIVING

WELLNESS WEDGE



\$49.88
each

WHAT?

It is like a toothbrush for spinal hygiene.

WHY?

It is used for stretching spinal ligaments to restore and maintain normal "C" curves.

WHEN?

You should stretch your spinal ligaments at least once a day or several times a day to achieve maximum nerve flow to your body.

WHO?

For people of all ages who have spinal health problems, neck, back or shoulder pain. For anyone with daily back stiffness, chronic injury or who is concerned about posture break down. For Zoomers (55 years old +) who want to keep their spine healthy, flexible and who want increased nerve flow.

**HOW
LONG?**

The longer you hold a stretched curved position in the spine the less ligament "creep" will occur, resulting in better curve correction. Each stretching session should last from three to twenty minutes.

WHERE?

You can purchase your Wellness Wedge at:

FOAMITE INDUSTRIES INC., 1000 Edgeley Blvd. Vaughan, ON L4K 4V4 T: 905.660.0477
FOAMITE DANFORTH, 1494 Danforth Avenue, Toronto, ON M4J 1N4 T: 416.463.9880

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