

Free talks from Parks Therapy Centre

Established over 25 years ago by Practice Principal Jennie Longbottom

Please join our practitioners on the below dates at Impressions Fitness Suite (Mezzanine), One Leisure St. Neots for **free** informal talks* and discussions on

Running Safely

Thursday 6th October 2011 from 1.30pm to 2.30pm

With Chartered Physiotherapist from Parks Therapy Centre, Mrs Joanne Garvey
MSc BSc (Hons.) MCSP MMACP.

Core Stability and Injury Prevention

Thursday 20th October 2011 from 1.30pm to 2.30pm

With Chartered Physiotherapist from Parks Therapy Centre, Mrs Joanne Garvey
MSc BSc (Hons.) MCSP MMACP.

Acupuncture and Chinese Herbal Medicine?

Tuesday 8th November 2011 from 1.30pm to 2.30pm

With Chinese Herbal Medicine Specialist, Mrs Katherine Gao
BSc MRCHM

Cranio-Sacral Therapy?

Thursday 24th November 2011 from 1.30pm to 2.30pm

With Cranio-Sacral Therapist, Mrs Terry Towns

Post-Natal Exercise

Thursday 8th December 2011 from 1.30pm to 2.30pm

With Chartered Physiotherapist from Parks Therapy Centre, Mrs Joanne Garvey
MSc BSc (Hons.) MCSP MMACP.

No booking required, just turn up on the day at One Leisure St. Neots.
The talks are open to both One Leisure members and non-members

If you any questions about the talks please contact Parks Therapy Centre reception on

Tel: 01480 394715
www.parksphysiotherapy.co.uk

*Please note actual treatment will not be given at the talk, this is an advisory service.