



Complete Balance

Holistic Therapies with Helen Mawson

The Bowen Technique Free Taster Sessions

**Thurs 25 Aug, 10am - 12.00pm
Ludlow Leisure Centre**



Ideal for:

Back problems & pain

Sports injuries

Structural problems

Sciatica

Neck & shoulder problems

Hip, knee, ankle & foot problems

Arthritic pain

Digestive disturbances

Migraines & headaches

Pop in for your free taster or for more information contact;

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