



## Complete Balance

Holistic Therapies with Helen Mawson

# The Bowen Technique Free Taster Sessions

Sat 23 March, 5pm-8pm  
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;

Helen Mawson, Tel: 01584 877 578  
or Mobile: 07904 457 075,  
Email: [helen@complete-balance.co.uk](mailto:helen@complete-balance.co.uk)