

Spring into Summer !



Sanctuary House  
**Physiotherapy**  
**Catherine Cotterill** MCSP  
HPC registered

Legs feeling tired? Lost that spring in your stride?  
Or maybe feeling a niggle or two?

Pop in to see Catherine for a runners MOT and tune  
up. Keep on running - no long layoffs,  
you will get that PB !

15 % discount for Club runners in April/May.

(An extra 5% off if you rebook before Sept.2014)

Initial Assessment (45mins)	£40
Follow up appointment (30mins)	£30
Acupuncture	£30

For an appointment or further information, please call  
Catherine on  
**07731 817665**

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