



Therapeutic Services

Therapeutic **Services** is a collection of services that take a holistic approach to promoting well-being, catering for the different aspects of your life, helping you to maintain and improve your health.

Services include:

- > Homeopathy
- > Complementary Therapies
- > Laughter Therapy
- > Relaxation Workshops
- > 'Keeping in Touch' courses promoting greater health awareness and self-confidence
- > In-house Workshops

For more information please contact Therapeutic Services.

Contact us

Therapeutic Services,
Kath Locke Centre,
123 Moss Lane East,
Manchester M15 5DD.

Telephone: 0161 455 0215.

Email: therapeutic@thebiglifecompany.com

Web: www.thebiglifegroup.com



Therapeutic
Services

Laughter Therapy



What are the benefits of laughter?

- L aughter releases endorphins, giving you the 'feel good factor'
- A cts as aerobic exercise and is like 'internal jogging'
- U nleashes inhibitions, breaks down barriers
- G reat team building tool, encourages better communication
- H elps boost your immune system which helps you resist disease
- T ones muscles, improves respiration and circulation
- E ncourages positive thinking and creativity
- R elaxes the whole body by reducing stress and tension

What happens in a laughter session?

A laughter session will take approximately 1 hour 15 minutes. The trainer will talk about the many health benefits of laughter and why it's good to laugh more in your everyday life. The session will include:

- > Gentle breathing and stretching exercises
- > Clapping and making some noise
- > Movement around the room and eye contact
- > Games and exercises to stimulate laughter
- > A great relaxation session at the end

What do I need to attend a laughter session?

Just yourself and a willingness to be playful and give it a go!

Laughter sessions are NOT recommended if you have high blood pressure without medication, a hernia, a bad cold or flu, glaucoma, chest pain or heart problems, or if you are pregnant or have had any surgery in the last three months.

Contact us to find out more or book a workshop for your organisation.

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Homeopathy



By providing a holistic approach to treating illness homoeopathy can:

- > Boost your natural healing powers
- > Address the 'root causes' of your illness
- > Treat you as a whole person and as an individual

Homoeopathy is safe, gentle and effective and can be used alongside other conventional treatments. It is used to treat a wide variety of short and long-term health problems.

Low cost treatments

Therapeutic Services provides low-cost homoeopathy clinics for people on benefits or on a low income. £10 for first appointments (typically lasting up to 2 hours) and £10 for follow up appointments (lasting up to 1 hour). Proof of eligibility is required. Clinics are based at the Kath Locke Centre.

Workshops

The homoeopathy service can provide workshops, clinics and taster sessions to community groups or organisations. If your organisation would like to know more please contact the Complementary Therapy Manager at the Kath Locke Centre.

Contact us

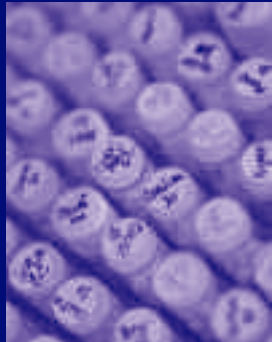
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Homoeopathy uses natural remedies to treat a range of conditions. It is a complete system of healing, which has been established for over 200 years and is one of the fastest growing forms of complementary medicine worldwide.



Relax, Release, Unwind

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Relaxation Group

The relaxation group provides opportunities to learn relaxation techniques in a supportive environment.

Auricular Acupuncture

Auricular acupuncture is the use of small needles which are inserted into various points around the ear. This treatment is painless and it can help:

- > Promote relaxation
- > Clear the mind
- > Reduce cravings
- > Aid sleep
- > Reduce sweating
- > Reduce anxiety
- > Help your body to detoxify

Not available to those with serious psychological illness or those with addiction to morphine-based substances.

Brazilian Body Sculpture Class

Women Only Session.

Authentic Brazilian class with exercises, aerobics and finishing with relaxation.

All groups and services take place at the Kath Locke Centre.

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Relaxation Group

**Tuesdays 4pm – 5pm
(except last Tuesday of every month)**

Free

Auricular Acupuncture

Fridays 2.00pm – 3.00pm

Places are limited so please

book ahead

£5 per session

Brazilian Body Sculpture

£2 per session

Fridays 9.30am – 10.30 am

