

Therapeutic Services

Newsletter

Summer 2010

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.

Spangles and Bangles Jewellery Making Club Starts Friday 2nd July, 2010 4 - 5 pm £1.50 per adult £1 per child



What's on

Friday's Therapeutic Jewellery Making Club

A range of art and craft materials provided for you to come and learn a new skill, have some fun and meet new people

All Children must be accompanied by a responsible adult
Refreshments provided

Time for you
Body Massage
Aromatherapy
Reflexology
Indian Head Massage
£10 per session for members of Kath Locke Centre
£15 per session for non members

Body Acupuncture
Women only session
£10 for members
£15 for non members

Time for you
for carers
Massage
£10 per session at the Kath Locke Centre

Caring with Confidence session

Wednesday 8th September 1 – 4pm

- * Want to know how to deal with emotional impact
- * Want to know what benefits you may be entitled to
- * Want to know how to balance your personal and caring commitments
- * Want to talk to others in similar situations

Come along to this introductory session of caring with confidence and learn more about these fantastic free sessions

Homeopathy Clinics for people on benefits and a low income

£10 per appointment
£1.50 per remedy

Homeopathy remedies work by stimulating the bodies own healing power. Homeopathic treatments help increase your energy and thus improve the effectiveness of the immune system

The Big Boat

The Big Boat is an innovative space which provides an alternative venue for well being services in Stockport. If you're a community group looking to deliver services somewhere new, a walking group wanting a base for lunch, a school looking for an alternative classroom, or a business wanting a different meeting space, why not experience this in a peaceful and tranquil setting.

The Boat can carry 12 people whilst it is on the water, and cruises at 3 miles an hour, so if people wish to they can walk alongside on the canal tow path. If the Boat is stationary it can accommodate 18 people. The Boat has a music system, central heating and an ambient colourful lighting system.

Brazilian Body Sculpt Class

Friday 7th May- Friday 30th July

9.30 – 10.30

(45 minute class)

Women only

£2

Stretching exercises, aerobics and finishing with relaxation

Pilates

Friday 7th May – Friday 30th July

10.30-11.30

(45 minute class)

Women only

£2

A class to strengthen and condition your body

If you attend both classes £3.50

Contact us:

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Therapeutic Services is a project run by Big Life Centres, a Big Life Charity and a company limited by guarantee Big Life Charity registered charity no. 1062333