



MONDAY 4TH FEB
19:00 – 20:30
ST ANDREWS
CHURCH CENTRE

“POSTURE, PAIN & STRESS”

RACHEL KNIGHT B'Ost (Distinction)

Rachel's medical speciality is injury recovery and rehabilitation, with a special interest in the elbow and feet. She aims to help clients overcome pain by building an understanding of how their particular body works.

Rachel's practice is called 'Nimble Osteopathy' because people commonly tell her their problems are due to age, yet she sees plenty of healthy, strong and nimble 80+ year olds.

Topics addressed include:

1. how to balance activity with rest
2. how to recover from or prevent mechanical pain
3. the principle of whole body systemic health
4. influencing our body's ability to fight illness
5. the simple things we can do for ourselves

**Another session in
the Sunnyside
Self Care series**

**.. courtesy of our
Patient Group**

**Places are limited so
book via**

julian@cohear.com

01275 340240

Entry is £2 on the door

Many people think caring is just common sense. This session is for people who feel there might be a little more to it.



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