

OPEN DAY - SPRING INTO HEALTH
AT PENARTH NATURAL HEALTH SERVICES
10am-3pm Saturday 6th April

**Discover how natural therapies can improve
your health and wellbeing.**

Taster sessions in:

**Reflexology, Crystal Therapy, Emmett Technique,
Indian Head Massage, Reiki.**

**12-1pm: Introduction to Qigong
breathing and posture.**

**Problems getting pregnant? Menopausal symptoms? Our
Nutritional Therapist, Acupuncturist and Reflexologist will be
present to discuss these problems and help options available.**

Difficulties with weight loss? Personalized help provided.

The Clinic offers:

*Acupuncture, Allergy Therapy, Chiropractic, Mc Timoney
Chiropractic, Counselling, Crystal Therapy, Gestalt
Psychotherapy, Homoeopathy, Hypnotherapy, Massage,
Mindfulness Courses, Nutrition for Health, Qigong, Reflexology,
Reiki, Smoking Cessation, Weight Management.*

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