

Health & wellness open day

**Saturday 20th November
10:30 - 14:30**

**Savoy Youth & Community Centre
Elm Avenue Skelmanthorpe**

*Weight Management
Reducing Chronic Pain
Advice on low back pain
Chiropractic spinal checks
Mind body & spirit balancing*

*Sports injuries
Foot health MOT
Body fat testing
Stress Management*

Find out how a

Acupuncturist
Homeopath
Mindfulness coach
Physiotherapist

Chiropodist
Masseur
Osteopath
Chiropractor

Wellness coach
Reflexologist

could help YOU!

**Free admission Coffee bar
Health and beauty products for sale
*Prize draw for SYCC funds***