



Gosport and Fareham

Physio

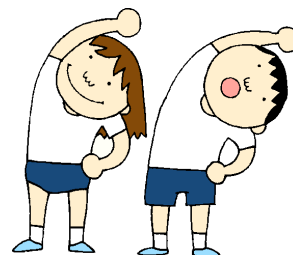
Starting 10:30

St Mary's Parish Centre

Green Road

Alverstoke

PO12 2ET



Sandra a neurophysiotherapist takes the main class but is available for help with particular problems.

Working alongside Sandra are:-

Audrey has many talents from a masseur to reflexology and Indian head massage.

Marion is a physiotherapist and works on a one to one basis helping to easy out stiff muscles.



All followed by a delicious 2 course home cooked meal for £3.50 by Juliette and Eve at 12:00

Gosport and Fareham MS organise and support these classes.