



Age well...love life!

Let's talk about how you can help improve your:

- joint pain
- fluid retention
- diabetes
- poor circulation
- arthritis
- cramps
- back pain
- sciatica
- hip, neck, knee pain
- decreased mobility
- tension / muscle stiffness
- sleep problems
- imperfect health

Join us at the **November 'Catch Up'**

Friday 5 November
10am at the ISIS CLUB

FREE
COFFEE + TEA +
INFORMATION SESSION!

Guest Speaker:
Kylie Currey
Senior Therapy Consultant
Niagara Medical Therapy



...and discover how you can add years to your life!

