

# Charcot Therapy Centre

## Weekly What's On

We are pleased to offer such a wide variety of therapies here at our Centre. All therapies are subject to booking either directly with therapist. For oxygen, exercise & Zumba call the office team on 01452 419246.



Monday	Tuesday	Wednesday	Thursday	Friday
Oxygen 10.30	Oxygen 10.30, 12.00	Oxygen 9.00, 10.30 12.00	Oxygen 9.00, 10.30	Oxygen 10.30
Acupuncture Sally 07730 231 921	Acupuncture Sally 07730 231 921	Deep Tissue Massage & Red Light Hayley 07572 986 896	Deep Tissue Massage & Red Light Therapy Hayley 07572 986 896	Mind Spa (last Friday of month) 12.00-1.00 Kaye 07876 228 157
Deep Tissue Massage & Red Light Therapy Hayley 07572 986 896	Functional Exercise 11.00	Functional Exercise 1.00	Functional Exercise 10.00, 11.00	FND Support (1 <sup>st</sup> & 3 <sup>rd</sup> Friday of the month) 10.00 - 12.00
	Seated Zumba John 1.00-2.00	Counselling Fiona 07415 304 895	Beauty (2 <sup>nd</sup> Thursday of month) Karen 07775 646 243	
	Foot Care (1 <sup>st</sup> Tuesday of month) Millie 07341 410 937			
	Reiki (2 <sup>nd</sup> Tuesday of month) Jade 07817 368 254			