

## SAVE THE DATE



Turning on of the Christmas lights  
(extra lights this year!)

Visit by Santa

Jolly singing

**Wednesday 3<sup>rd</sup> December at 6.00pm**

*Or very soon after if the weather is awful.*



**A J Physio  
& Wellbeing**

Appointments 07780 165844

Email: [aliphys@icloud.com](mailto:aliphys@icloud.com)

The Old Surgery

Church Street LL25 0SJ

Meet the therapists . . .



### **Ali Liederbach**

Chartered Physiotherapist specialising in musculoskeletal disorders and pain relief.  
Pilates instructor.

### **Jodie Williams**

Sports Therapist who works with local sports teams. Specialises in personalised rehabilitation plans, to help individuals return to full fitness.



### **Sam Hare**

Yoga Instructor specialising in Aromatherapy massage, Reflexology, Reiki and scar therapy. She will be joining the team in September - a free "taster" session will be announced shortly.

## **What's On . . .**

**Ffit 66+ Club** - Balance and strength exercises, followed by panad and a chat.  
3:30pm Tuesdays

### **Theraball & Resistance Bands Pilates**

Tuesdays 10:30/11:15am

Thursdays 5:00/6:45pm

