



# LADIES

Would you like some

**“ME TIME” ?**



Bring your friends and discover how you can achieve and maintain optimum health

**Physically \* Mentally \* Emotionally**



Join us for an informal evening where you will meet the therapists and find out how we can help you with conditions such as

*Arthritis, Anxiety, Backache, Bladder Problems, Circulatory Problems, Depression, Digestive Disorders, Energy Levels, Family/Relationship Issues, Fertility, Foot Health, Grief, Headaches, IBS, Joint Disorders, Major Life Changes, Menopause/Menstrual Difficulties, Muscular Aches, Pain, Pregnancy, RSI, Self Esteem, Stress, Sleep Problems and much more!*



We look forward to meeting you  
and sharing a **FREE glass of wine and nibbles**  
**and receive your £5 gift voucher**

on

**Monday 26<sup>th</sup> April 7:30-9:00pm**

at

**Castle Clinic**

Castle Yard, Knaresborough, HG5 8AS  
[www.castleclinic.com](http://www.castleclinic.com) 01423-797800