

I am pleased to announce that I am working again!

[View online version](#)

Check my calendar and book up your next massage!  
And check the bottom of this newsletter for my price offer to regular clients!



## Exercising for a fitter retirement!

This edition of the newsletter looks at common problems we experience as we age. The focus is on women's experience, but men should be aware of these issues too!



Building Bone Strength and Preventing Bone Loss in Later Life

## Ladies - let's get physical!

The recent [Blog on my website](#) describes issues that may trouble you from time to time, and how they can be treated. If you go to my [Resource Library](#), there are Patient Advice Leaflets with specific guidance and exercises for rehabilitation, for

- \* Preventing Falls
- \* Maintaining bone strength with age
- \* Preventing stress incontinence

Check the advice leaflets to keep exercising longer!



## Fall Prevention



07710 314432

## My Therapies

Sports Massage  
Remedial Massage  
Soft Tissue Therapy  
Therapeutic Massage

## My Locations

- \* Holborn clinic
- \* South Ealing studio

## My Prices

One-off fee is £70 in town and £60 in west London.

\* 6 for the price of 5 if you pay in advance!

\* Just £60 if you see me in Holborn monthly & pay by Standing Order!

\* £50 in South Ealing!

**\* £40 introductory offer in South Ealing! Tell your friends!**

## Opening Times

weekdays 8am-9pm

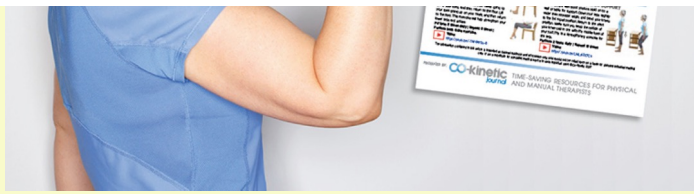
sat morns and sun eves

Holborn tues/ fris

## My Calendar

Click [here](#) to see my calendar

Cancellations at least three



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## On my website my Prices went up - but regulars keep old prices until the end of the year!

The cost of everything always keeps going up, and I have to pay for the £3k I spend each year on training. However, I want to acknowledge the loyalty of my regular customers.

*So, everyone that has had a standing order or paid 6-for-5 sessions in 2018 can keep the same prices until the end of the year!*

Cancellations at less than 24 hours unfortunately incur the full cost of the session. This is usual business practice.

## My Reviews

"Brilliant Service. If you have muscular injuries/pains - Martin is your man. "

" I try to see him at least once a month and as a result I'm pain free. "

"Knowledgable, calm and peaceful setting."

"The calm ambience is a bonus"

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Did you like this newsletter? Tell me what you want to read about! As you know I am a keen researcher and interested in learning more myself.

Forward this newsletter to a friend who you think should see me!

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