

CHAMBER CHAT

West Yorkshire MS Therapy Centre, 3a Gelderd Lane, Leeds, LS12 6AL
Tel: 0113 263 7375

May 2019

SAUNA

The Sauna is now fully installed and ready for use.

The suggested donation is

£5.00

for a max. 20 minutes

This is an introductory offer for a limited time

Appointment system will be in place

You are advised to shower after the sauna but you will need to bring your own towel.

Joanne is still researching the benefits and use of the Sauna please feel free to talk to her about any queries or questions you may have.

Thank you to our Landlords, Brigdale\Towngate who have purchased the sauna for us from Clearlite.

The benefits of using a sauna

- Flush Toxins
- Improves the Immune System
- Can help weight loss
- Improve appearance of skin and hair
- Soothes sore joints and muscles
- Recommended for Fibromyalgia

The New Therapy Room

Kim is available Monday, Wednesday, Friday.

Kim is offering a celebratory offer for an introductory period.

We are hoping to get a mobile chiropodist to visit the centre. If you have any suggestions for other services you may like us to offer please speak to Joanne.

Would you be interested in Chair Exercise, Yoga etc