

CUT-PRICE MASSAGES FOR CARERS 50+!



Are you feeling worn out by your caring role? Finding it difficult to relax and unwind?

From October 9th 2017, Hoxton Health in partnership with City & Hackney Carers Centre will be offering cut-price massages every **Monday afternoon** – exclusively for **carers over the age of 50**.

We can refer you for up to six 50-minute sessions (or you can choose to have just a one-off massage) with qualified female massage therapists gaining experience at the Hoxton Health clinic which is based on the 2nd floor at St Leonard's Hospital, Nuttall St, N1 5LZ. Each session costs just **£10**.

If you would like a bit of pampering and some relief from those niggling aches and pains call Sallie to book an appointment on

020 8510 1966

or email: sallie.fellowes@hackneycarers.org.uk

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