## Christmas 2018 Newsletter





Thanks to everyone who came along to the Open Day celebrating the 18<sup>th</sup> Anniversary of the clinic. We raised over £160 for the Nicole Rich Foundation and even had a visit from Nicole herself with mum Gail and big brother Louis. It was lovely to see so many of you there and catch up with friends old and new.

It made me realise how lucky I am to be still working doing what I love every day. I do appreciate not many people can say that!

So thank you for your support as always and I wish you the best of everything for Christmas and 2019.

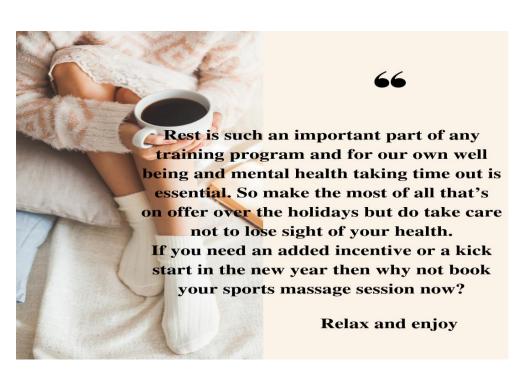
Gift Vouchers are available for all treatments and make lovely presents to treat someone to a relaxing start to 2019. All vouchers can be wrapped for collection or posting but please order in time. Vouchers can also be emailed for you to print at home at your convenience.



The clinic will be closed from Friday 21st December until Thursday 3<sup>rd</sup> January. Please make sure you have your appointments booked and have collected gift any 21<sup>st</sup> vouchers before the December. Any messages left after this will not be picked up until the New Year.



Christmas is a busy season for many of us and a time when we can often lose our usual routines as fitness classes are cancelled for holidays and gyms close for a short time. There is also the added temptation of the lovely food on display wherever you look! This year don't fall prey to temptation for the whole season, enjoy the days you have off work or with family and friends but try not to lose sight of your fitness goals altogether. Don't let the chocolates and parties spoil your good work!



## MERRY CHRISTMAS



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