



NEWSLETTER: FEB '24

Free Cup of Tea or Coffee

We would like to offer every **new patient** who books in for an initial consultation in March '24 a free tea or coffee card to be redeemed in the HSFC cafe bar.



Facts about Senior Physio Allen Brown:

- Worked in professional football with Leeds United Ladies Team
- Qualified as a Sports Rehabilitator as well as a Physiotherapist!

So if you have *sprained your ankle* + it just doesn't feel right or one calf is always tighter than another despite stretching then a Consultation with Allen is exactly what you need to find out '**why**' + '**what**' you should do about it.

Stephen's Leeds Marathon training: check out the [blog](#) on his progress + personal battles with injury as well as tips on training.



Available for all Members

Discounted affiliate scheme

£10 off all initial consultations *

£5 off all follow-up appointments *

*self-funding only (available in March/April '24)

Call now on 0113 2687578