



The **Huntingdon Neurotherapy Centre** Would like to say a huge congratulations to James for completing his walk around the perimeter of the Neurotherapy centre (over 600 meters!) On

Thursday the 27th of August. It was a massive challenge for James, but he took it all in his stride and impressed all of us here. James raised a total ofWhich will be going to the Neurotherapy Centre. We thank you from the bottom of our hearts, James. Well done!

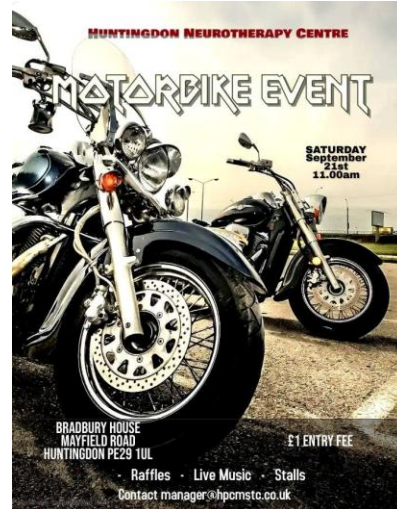


A huge congratulations to David Landon Cole for winning MW Cake Creations carrot cake. Thank you for all the donations everyone provided. We raised a total of £90 from the raffle of the cake, so that is tremendous.

We are always looking for volunteers here at the Huntingdon Neurotherapy Centre, if you feel you are able to offer any of your precious time in assisting us, please do get in contact via either phone or email info@hpcmstc.co.uk 01480 458688.



Motorbike Event Do you own a Classic or vintage Motorbike? then please join us at this year's Motorbike event on Saturday the 21st of September, starting at 11am.



There will be stalls, catering, Raffle, Live music, Ice Cream by FRANKS ICES.

We are currently looking for stall holders to be part of this event here at the **Huntingdon Neurotherapy Centre**.

White Heat Classic Rock. These guys will be retuning for the 21st September Motorbike event.

We have limited indoor and outdoor spaces available for stall holders, so please do contact us if interested.



Treatments by Appointment:

Natalie - Reiki practitioner
Lynn Reader - Reflexology treatment
Tel 07985 407129
BeautifulByKaren –
Massage and Beauty treatment
Tel 07761 302605

Wendy Hall BSc (Hons) - Chiropodist and Podiatrist.

Reiki Recharge

is now here every other Thursday With Natalie offering Reiki & Crystal Healing sessions.



Reiki is a Japanese healing technique using universal life force energy. Life can be quite stressful at times and we can end up carrying these stresses with us day to day. This can lead to the energy in our body being blocked from flowing well within us, and these blockages can lead to dis-ease within the body.

Reiki is amazing because it works on the seven main chakras, or energy centres, in the body to unblock and allow the energy to start flowing again. Crystal Healing uses the energetic vibrations of crystals to bring healing and relaxation to the body and also can help balance the chakras.

Crystals are placed on you at various points and may be placed in particular formations to help with energetic balance and alignment. Reiki and crystal healing are both non-invasive complementary therapies that work alongside other therapies, doctors advice and medication.

Natalie is here every other Thursday, sessions are priced at £40 for the hour.

We want to say a massive well done to our very own Sarah, from Sarahs **'Fitness and Pilates'** for showing her amazing determination and rehabilitation skills in recovering from her recent hip surgery.



Within two days of her surgery she was ready to go home and she is now back to teaching her regular classes just 4 weeks later. We think this makes her inspirational!

if you would like to book in and experience some of her rehabilitation / theraputic classes.

Sarah teaches Chair-based Fitness Pilates and exercises on Monday and Thursday at 11.00hrs. A class for Parkinson's Sufferers on a Tuesday and Thursday at 13.00hrs. All her exercises are suited to your ability! Her classes are great fun, great exercise and great for socialising too.

SPECIAL OCCASIONS

September Birthdays

- Brenda Copping 15th
- Frances Hinton 18th
- Clive Micklefield 28th
- Peter Robinson 30th

UPCOMING EVENTS

September

- Motorbike Event 21st
- Bingo on the 13th and 27th