



ARE YOU A FISHERMAN WORKING IN THE KILKEEL AREA?

- * Aches and pains in your back, legs, arms, hands or neck?
- * Had a recent trip, slip or fall?
- * No need to suffer – take action now!
- * Call the Connect PhysioLine for fast, free physiotherapy advice and treatment.

PHONE 0191 247 5000

* **HOW CAN PHYSIOTHERAPY HELP?**

Physiotherapy relieves pain and can prevent further injury. It helps you get back to work and stay working.

* **WHAT NEXT?**

Call the Connect Physical Health PhysioLine and make an appointment to speak to one of our physiotherapists. If we think you need hands-on treatment, we'll arrange for you to see someone locally – it's fast and it's free.

Lines are open 8.30am – 8pm Monday to Thursday, 8.30am – 4pm on Friday, and 9am – noon on Saturday.

* **ABOUT OUR SERVICE**

The Seamen's Hospital Society is working with the Fishermen's Mission and Connect Physical Health to provide local physiotherapy services to fishermen.

* **FOR ADVICE AND SUPPORT**

Call Connect PhysioLine on:

0191 247 5000

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