



ARE YOU A FISHERMAN WORKING IN NEWLYN?

- * 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!
- * Go to the Harbourside Physiotherapy clinic for fast, free physiotherapy treatment

PHONE 01736 366224

* **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 or visit the Harbourside Physiotherapy clinic to book an appointment. We're open 9am – 7pm Monday to Friday, and 8am – 3pm on Saturday.

It's fast – you should get an appointment the same day or the day after.

* **ABOUT OUR SERVICE**

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

* **FOR ADVICE AND SUPPORT**

Contact Harbourside Physiotherapy:

01736 366224

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Wesley Place, Newlyn,
Penzance, TR19 5AZ

REF: SHS/PHYSIOTHERAPY.V1.FEB 2011



Reg. Charity No: 231724



Reg. Charity No: 232822
Reg. Charity Scotland
No: SC039088

