

# REMEDIAL MASSAGE



SHARON CARAGHER  
REGISTERED NURSE, DIP. REM. MASSAGE

## COULD YOU DO WITH A MASSAGE?

Massage can help to alleviate problems such as:

- \* Backache
- \* Sciatica/Neuralgia
- \* Low Vitality
- \* Fluid Retention/  
Circulatory Problems
- \* Stress/Insomnia
- \* Muscle Tension
- \* Muscle spasms



Available Wednesdays from 11-4  
Central Women's Health Centre  
20 William St., Bathurst  
Ph 6331 4133

Home visits available for 1 hour treatment sessions  
within Orange/Bathurst/Millthorpe areas.

### CONSULTATION RATES:

- \$40 1 hour
- \$30 1 hour HCC Holders
- \$20 1/2 hour

