



In pursuit of optimum health

Millburn Complementary Therapy Centre News

HAPPY BIRTHDAY TO US



WHATS ON

IT'S OUR SECOND BIRTHDAY.

We can't believe that two years ago we were organising our first Open Day. Now, we would like to welcome you to come and help us celebrate our second birthday.

We are holding a Party/Open day on Sat 15th Sept from 11.30—4.00. Please let all your friends and family know.

All are welcome

Some of our Therapists are giving short presentations during the day. There will be a free prize draw so you could win a free treatment at the centre.

NATURAL HEALTH FAIR

We are organising another Natural Health Fair in Coleraine Town Hall on Sat 13th October.

We are following on from a very successful fair last year and would love to see you there. There will be lots of

BRA BANK

We are still collecting used Bra's in our Bra Bank, just inside the front door.

Thanks to all who have already donated. We have sent 5 large bin bags full. These will be sent to women in third world countries and money raised is given to Pretty n Pink, the breast cancer charity.



NEW THERAPISTS

We have four new therapists to welcome to Millburn.

Sharon Little is our new Massage therapist. She comes with many years of experience in this field.

Miriam Somerville is a CBT Therapist. Read Miriam's article to find out what Cognitive Behavioural Therapy (CBT) is used for.

Zoe Fleming is an Aromatherapist. Aromatherapy massage uses the properties of essential oils to aid the healing process.

Sarah-Jane McKay is now practising Podiatry at the Centre. Our foot care is very important for well being.

THERAPIES AVAILABLE AT MILLBURN

- Acupuncture
- Aromatherapy
- Ayurvedic Face Massage
- Counselling
- CBT Therapy
- Food Intolerance Testing
- Holistic and Sports Massage
- Homeopathy
- Hypnotherapy
- Indian Head Massage
- Lifecoach
- Nutritional Therapy
- Physiotherapy
- Podiatry
- Reflexology
- Women's Health and Continence Physiotherapy

All therapists are fully qualified and experienced in their field.

WANTED

EMPTY NAPPY WIPE PACKS

We are collecting empty nappy wipe packs of all makes. These are to help the charity Ellie's Fund, who raise money for children with brain tumours and cancer. Please ask your friends and family to save them for us. A collection box is inside our front door.

Courses at the Centre

We run courses regularly at the Centre. Keep up to date on our website to find out what is coming up.

www.millburntherapy.org

6 Weeks to Super Health.

Nutritional Course.

Confidence Building course



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gift vouchers

If you are looking for a present that will make the receiver feel great, why not buy one of our Gift Vouchers.

Call in or ring to organise.