

Pain and Injury Clinic, Physiotherapy, Acupuncture, Food Intolerance Testing and much more . . .

# ULTIMA PHYSIO with Healing Hands

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## NEWSLETTER – JANUARY 2012

With the shock closure in March 2011 of Total Fitness without any warning, we had to relocate Ultima Physio within 48 hours. Many people then assumed that we had also closed. They were wrong! It would take more than that to shut us down.

As a consequence we joined up Ultima Physio with Healing Hands, our long-established sister clinic, under one roof and had only the single venue from the end of March 2011 until end-December. This was intended as a temporary 'desperation' move, though the location was beautiful, calming and quiet.

Now another – and we hope **final** – move. We are up and running in the centre of Lancaster surrounded by car parks, on bus routes and on the Town Hall Square – Dalton Square.

We are on the upper floor at Jo & Cass Hair & Beauty. You can't miss us – it's the big glass-fronted building on the southbound one-way traffic system, right on the pelican crossing, at the corner of Great John Street and Dalton Square. We look forward to seeing you there.

Best wishes for the New Year. May it be kind to us all.

*Isobel*

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PS Just in case you can't picture where we are, look on their website by searching on Jo & Cass, Lancaster, to see the slide show. And our website Contact page has a map and instructions to 'get there from here'.