

Kettering Complementary Therapies Group

Health and Wellbeing Information Hub

33 Gold Street Kettering

28th to 30th June 2021 10.30am to 4 pm



Monday 28th June

Painting and eyesight chat with SHARON

Cranio sacral treatment taster session with KIM

Reflexology or Indian head massage taster with BARB

Tuesday 29th June

Cranio sacral treatments with KIM or NICK

Reflexology or Indian head massage with BARB

Body balance with NICK WILLIAMS

Yoga with ASH 2pm

Wednesday 30th June

Seated chair back massage ROGER

Reflexology with LISA

Contact Chris to book a taster session 07791580218 or just drop in for

information advice support or a chat

Kettering Complementary Therapies Group will be attending other health and wellness events and is arranging a programme of monthly meetings.

Meetings are open to all. Meetings will include talks, workshops or discussions based on aspects of health and wellbeing. They are designed to increase awareness of the role of complementary therapies.

To find out more about meetings or Kettering Complementary Therapies Group:

email: barb@b-l-t.co.uk

Tel: 07748591065

Facebook: Kettering Complementary Therapies Group

Website: www.kctg.co.uk