

Are you finding your mobility is not what is used to be, and you want to do something about it?

I can assist in a variety of enjoyable ways which can improve balance, walking and everyday movements. Or maybe you just want support for confidence to walk outside in the fresh air.

It's a unique, bespoke service, that actively involves you. Because I am independent, I am not tied to specific approaches or regimes, rather I can use my broad knowledge and experience to promote your enduring quality of life.

Let's talk to see how I can help you!

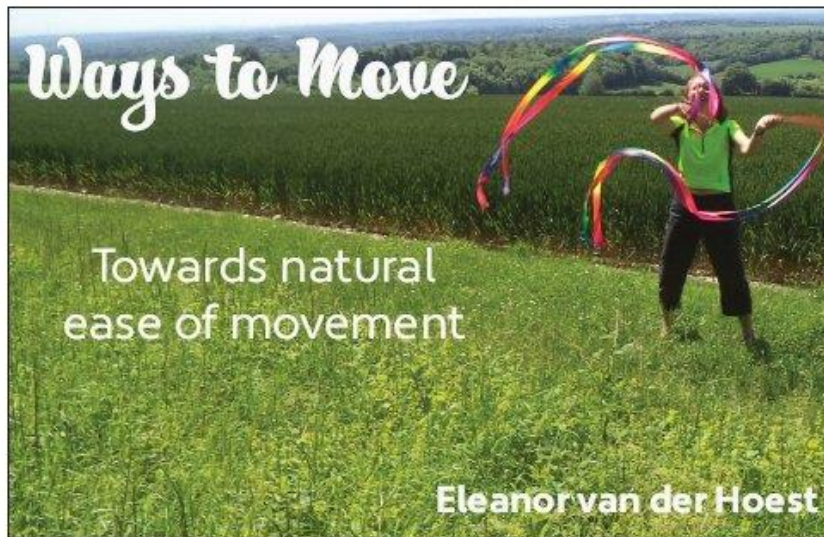


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