

## September Newsletter



Welcome to our September newsletter which brings a fabulous offer of discounted sports massage in connection with the Ealing Half Marathon.

Enjoy!

Christina Carlsen  
Director Ealing Physio

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**SPORTS MASSAGE OFFER**



**Due to popular demand we now offer 20% off our sports massages carried out by our experienced physios for all the runners taking part in the wonderful Ealing Half Marathon on Sunday 25th September.**

**You don't have to run the race to benefit from our special offer - just call us and enjoy the discounted sports massage appointment anytime between today and 15 October.**

**Did you know that sports massage can help lower the risk of injury?**

**Massage reduces muscle tension and increases flexibility thereby reducing the risk of sustaining future injuries. We recommend regular sports massage and always in preparation before a race for peak performance and after the race to ease swelling and aches due to waste products such as lactic acid.**

**Come and have your aches eased and get limbered up!**

**Call us on 020 8847 1887 for an appointment.**

[Click here to read more about sports massage](#)

[Click here to read about sports injuries](#)

**Appointments  
0208 847 1887**

**email us**

**[email Lois](#)**

**[email Ioannis](#)**

[email Greg](#)

[email Karthik](#)

[email Christina](#)

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