

SEAFIT PROGRAMME

In partnership with

Harbourside Physiotherapy

Free physiotherapy for all working seafarers in Devon & Cornwall

- Suffering from aches and pains?
- Sick of feeling rough?
- Time to do something about it!



WHAT'S ON OFFER?

FREE - Physiotherapy for all working fishermen and merchant seafarers

COMPREHENSIVE - Treatment for pain and advice on injury prevention

LOCAL - Available at a physiotherapy clinic near you

CONVENIENT - You'll be seen as a matter of priority at a time that suits you

Contact Harbourside for your local Network member

Tel: **01736 366224**

Email: **network@harboursidephysiotherapy.co.uk**

Fit Body + Fit Mind = SeaFit

 /GetSeaFit  @GetSeaFit

