

# *Feel Better. Move Better. Be Better.*

**Sports Therapy and Sports Massage at Beeston Chiropractic Clinic  
with Jenny Flowers Sports Therapy  
On Mondays 11am-7pm**

**www.jfsportstherapy.co.uk**

*Reduce Muscle Tension*

*Helps recovery from sporting event*

*Helps you return to full function*

*Helps maintain your training load*

*Enhance Circulation*

*Speeds healing of soft tissue injuries*

*Improve joint mobility and flexibility*

*Improves sleep quality*

*Exercises specific to your injury needs*

**BOOK YOUR  
APPOINTMENT  
TODAY**



07707 218266



Enquiries@jfsportstherapy.co.uk



@JennyFlowersSportsTherapy



@jf\_sportstherapy



Jenny Flowers



Sports Therapy