

Come and join us to find out about

Postural Care and Personalisation

Find out how **Sleeping Position** affects the body and internal organs and how this can be improved for anyone who has restricted movement (for any reason)

There will also be opportunity to find out about **Personalisation** and what it means for you

Friday 19th November

9.30am-12.30am

Birkenhead Park Visitor Centre

Wirral CH41 4HY

Places are limited, to book:

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Your potential- your future- your life