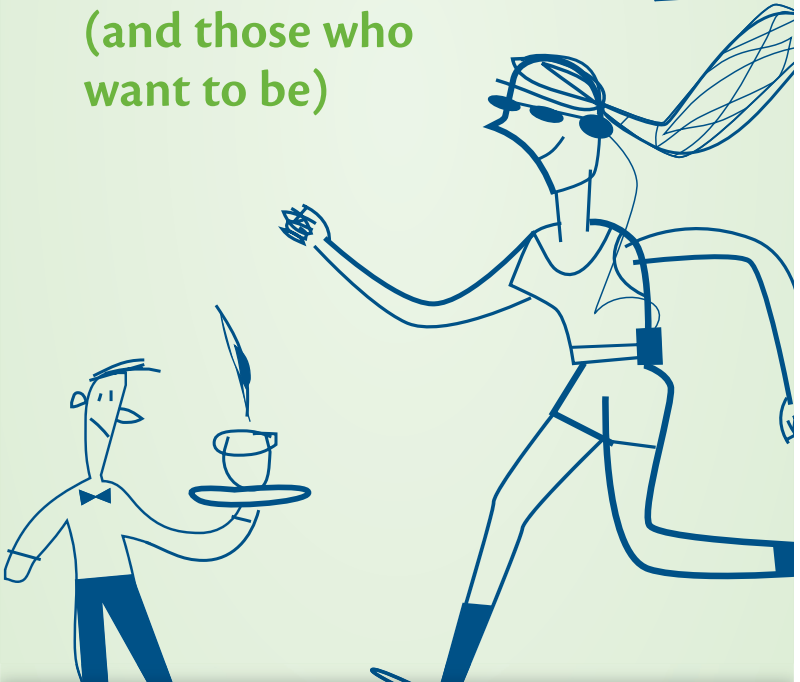


hello!
fit & healthy
people
(and those who
want to be)



30 MINUTE
**SPINAL
CHECK**

valid until 31/01/11

FREE

30 MINUTE
**MASSAGE
THERAPY**

valid until 31/01/11

\$30
usually \$50

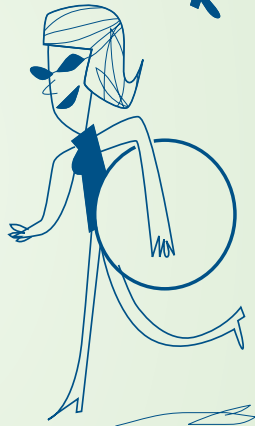
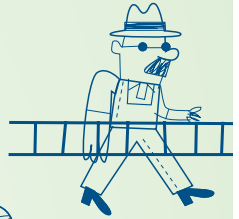


hello!

we'd like to help you stay fit and healthy

There are loads of ways we can help you take care of your body so you can **look and feel great!**

- ✓ ACC and private physiotherapy
- ✓ pilates & exercise clinics
- ✓ manage your weight
- ✓ relieve & manage stress
- ✓ get in shape
- ✓ recover from injury faster
- ✓ strengthen your core
- ✓ reach optimum health
- ✓ ACC visits partially subsidised
- ✓ no GP referral needed



**come in & see us
or call 444 1925**

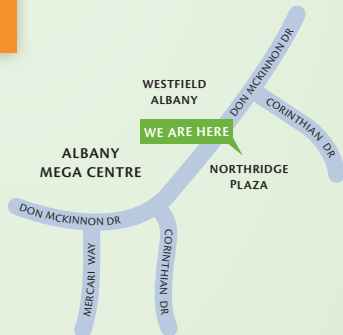
Active Physio Albany

Northridge Plaza
100 Don McKinnon Drive
Albany

MON-THU: 7am-7pm

FRI: 7am-5pm

SAT: 9am-12pm



www.physio.co.nz

physio • pilates • fitness • lifestyle

