### **Physiotherapy**

### Services

Cervical solution
Frozen shoulder solution
Disc problems
Nerve pain solutions
Back pain solution
Knee issues
Hip pain solution
Ankle pain
Body pain solution
Bad posture problems
Paralysis patient care
Arthritis solution
Message solution for pain

Your Physiotherapist specialize in all musculoskeletal injuries and rehabilitation requirements.





Counselling can help you cope with:

A mental health condition

Depression
Anxiety
An eating disorder

A difficult life event

A bereavement
A relationship breakdown
Work-related stress

Difficult emotions

Low self-esteem
Anger
Family therapy
Group therapy
Lifestyle Counseling
Health Counseling

**Career Counseling** 

Vita+Fit 36

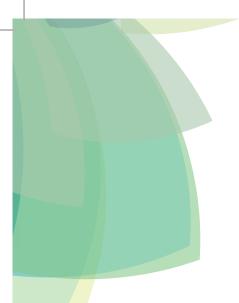


Health Is Not About The Weight You Lose, But About The Life You Gain!

#### Health

#### Services

Weight management issue
Fat loss issue
Weight gain issue
Nutrition guidance
Healthy lifestyle councelling
Customized workout plans
Customized meal plans
Supplements guidance



## **Reiki** Healing

Energy Healing
Promotes Relaxation
Reduce Stress
Reduce Anxiety
Heals Depression
Improves Mental Health
Positive Energy Flow



# physical games excercise diagnosis 🚭 disorders manual sports injuries health disability headaches and vertigo

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# Vita Fit 368 Physiotherapy & Nutrition Centre

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