

# New year New starts

**This year, make a New Year's Resolution that you can keep. Resolve to make yourself your number one priority and to look after yourself properly. The better you will feel and the more you can get out of life.**

This year, forget the gym and all the things you THINK you should be doing. Make 2008 the year that you really do make a difference to yourself. Start by making an effort to banish those niggling aches and pains you suffer with. Just imagine how great you'll feel, and how much more you'll be able to achieve.

All sorts of things cause aches and pains, from pain in your muscles or joints, to bunions hurting your feet. Visit us at Henfield's new Paddocks Healthcare Clinic and we'll tell you what we can do to make it better.

Caitlin McCaffery, is our registered Chiropractor. Using a wide range of gentle manipulation and soft tissue techniques she can improve your joint function to relieve pain. If you want more information about whether chiropractic treatment could help you, make an appointment for a free, no obligation Chirocheck.

Martin Jenkins and Mo Sharifi-Hosseini are our registered Chiropodists and

Podiatrists. From dealing with your ingrowing toenails, to undertaking complex gait analysis and providing custom made orthotic insoles, we'll start your body overhaul with your feet. You'll be surprised at the difference it will make.

Let's make a resolution to start the New Year together. We'll get you fit to face 2008 with confidence. Make your appointment to visit the new Paddocks Healthcare Clinic today.



Paddocks Healthcare  
**CLINIC**



Tel: **01273 495 106**

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**[www.paddockshealthcare.co.uk](http://www.paddockshealthcare.co.uk)**