

Issue 7, June 2010

## Cracking good art!

Align will be an art gallery for the first two weekends of June, as part of **Adur Art Festival**. Five different local artists will be exhibiting; Si Unwins (digital art & sculpture, he also made our large wooden spine outside!), Sue Johnston (wood cuts), Carol Attwood (prints & drawings), Margaret Murray and Mandeep Birdy (paintings). Come along and see for yourself. We'll be doing free posture checks too for anyone who wants one. Tea & cake on the forecourt, weather permitting!



Mandeep  
Birdy

### Floral Extravaganza

Our friends next door at Southwick Christian Community Church are also promoting the Art Festival. There will be a craft exhibition, flower arranging, photography, performances, a bouncy castle and activities for children and toddlers. Refreshments are available all day and entrance is free.



### Case Study - artist recaptures her flair

42 year old lady artist, had pain down her left arm for several years, getting steadily worse. Recently she'd noticed the pain was spreading to her armpit and wrist, with 'pins & needles' in her fingertips. Her grip strength was getting weaker and it was affecting her work. Physiotherapy to her arm muscles had not helped.

Examination revealed that the arm pain was aggravated by pressure to her neck; sensation & reflexes were diminished in the left arm, and x-rays showed a worn out disc in her neck - likely to be causing pressure on a nerve.

She felt better after her first treatment session. Now at session four she has almost no pain and her grip strength is returning. She is very happy she doesn't have to give up her life's passion!

### Family Policy - FREE health assessment for the people you love

Which members of your family have been suffering with health issues recently?

Remember about our **Family Policy**. Any members of your immediate family can have a complete, one hour health assessment... **absolutely free of charge**. If they need x-rays, we'll do these at only £25.

This is your chance to get answers to health problems your family may have been putting up with for years.

- Husband's back pain crippling his golf game?
- Teenage kids with "growing pains"?
- Computer games affecting your child's posture?
- Wife keeps getting headaches?
- Elderly parents want their mobility back?

Call us if you're interested: 01273 870010



We look forward to giving you more health tips and practical easy ways to feel great!

Yours in Health,  
Align

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at [ca@align.org.uk](mailto:ca@align.org.uk), or call 01273 870010