



**SPORTS  
MEDICINE  
AND HIGH  
PERFORMANCE  
CENTRE**

**SPORTS DOCTORS  
PHYSIOTHERAPY  
OSTEOPATHY  
MASSAGE AND  
NUTRITION  
REHABILITATION  
THERAPY  
PERFORMANCE  
COACHING  
PODIATRY AND  
BIOMECHANICS**

## ***Free Nutrition Taster Session***

**Do you feel tired and lethargic all the time?**

**Are you keen to shed any excess weight?**

**Does your nutrition hold you back in your chosen sport?**

**Why not book a **free basic consultation** with our Nutritional Therapist, Henrietta Bailey.**

**Dietary and supplement programmes, recipe suggestions, menu planners and much more.**

**Take your health into your own hands with the support of our qualified Nutritional Therapist.**

To find out more about the Pure Sports Medicine & to book your Nutrition Taster Session please call on 08447 700 800 or email [reception.city@puresportsmed.com](mailto:reception.city@puresportsmed.com) [www.puresportsmed.com](http://www.puresportsmed.com)