

# FREE OPEN DAY

## Sunday, 5 December 2021

With the official opening of Picky Wellbeing Clinic, we are holding an Open Day where you can meet the therapists to learn what they do and how they can help you. We are also offering a range of FREE workshops so you can get the most out of the day with hot drinks, mince pies and biscuits!

Please see below to view the full list of activities available. Due to limited numbers, all activities must be booked in advance.

ACTIVITY	THERAPIST	TIME	LOCATION
Meet the Therapists	All Therapists	1100 - 1200	Viewing Gallery
Chair Massage Sessions (15 min session)	Gail McAndrew	1230 - 1400 (5 bookable slots)	Viewing Gallery
Foam Rolling Workshop	Holly Elliott	1230 - 1300 & 1315 - 1345	Studio 2
Cupping Therapy Demo (10 min demo)	Gemma Groundwater	1330 - 1430 (5 bookable slots)	Picky Wellbeing Clinic
Moving Massage Workshop	Fiona Blair	1400 - 1430	Studio 2
Taping Workshop	Lee Rendall	1400 - 1445	St Magnus Suite
Arthritis Workshop	Holly Elliott	1500 - 1545	Studio 2
Body Composition Analysis (BCA)	Fitness Team	0900 - 1700	Gym Office

## BOOK NOW

### Therapist Workshops:

phone: 01856 879900  
email: [enquiries@pickaquoy.com](mailto:enquiries@pickaquoy.com)

### BCA Sessions:

phone: 01856 888740 ext 205  
email: [fitness@pickaquoy.com](mailto:fitness@pickaquoy.com)

**10% off if you  
book appointments  
on the day  
(selected therapists  
only)**

**Free  
Workshops**

# OPEN DAY ACTIVITIES

## Sunday, 5 December 2021

ACTIVITY	DESCRIPTION
Meet the Therapists 1100 - 1200	Short introduction and a 'Meet and Greet' with the therapist – Tea, coffee, biscuits and mince pies provided!
Chair Massage Sessions 1230 - 1400 (15 min sessions)	10-15 minute Shoulder and Back massage taster sessions. One person per session.
Foam Rolling Workshop 1230 - 1300 or 1315 - 1345	Foam rolling for pain relief and injury prevention. You will learn when to use a foam roller, how foam rolling creates positive change in the body and safe and effective techniques.
Cupping Therapy Demo 1330 - 1430 (10 min demo)	Find out the benefits of Functional Integrated Cupping Therapy and how it can help speed up healing. There are five bookable slots with no more than five people at each session.
Moving Massage Workshop 1400 - 1430	A warm up to Latin music followed by movement and self-massage techniques to free up tightness within your body.
Taping Workshop 1400 - 1445	Learn about the benefits of kinesiology tape and how it helps support and aid the rehabilitation process. This workshop includes a demonstration.
Arthritis Workshop 1500 - 1545	This workshop will focus on osteoarthritis specifically and give you an insight into how the disease process works as well as how this relates to pain and changes in function. The main aim is to provide an overview of self management tips and tricks to help participants living with arthritis.
Body Composition Analysis (BCA) 0900 - 1700	We are offering free BCA's throughout the day (normally £5.25)! This is a great way to track fat percentage, muscle mass, Basal Metabolic Rate (BMR) and fat free mass, and is completely non-invasive. Please book your BCA with the Fitness team through the details below.

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phone: 01856 888740 ext 205  
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*the pickaquoy centre*