

## **Be-Well @ The King's Arms Barn**

Serving the Community in Health, Wellbeing and Stress Management.

The Be-Well initiative has been running in Henley for the past 5½ years and was founded by a group of local practitioners who wished to:-

- offer their skills and time so that the local community had an experience of the services available;
- raise local awareness of the benefits of complementary therapies; and
- contribute to local charity initiatives

Every Monday, during term time, four (of the 24 registered) therapists are available at the Be Well Centre. They offer a wide selection of relaxing, balancing and healing therapies including - Massage, Homeopathy, Reiki, Kinesiology, Medical Herbalism, Cranio Sacral and Alexander treatments, Nutritional Consultations, Reflexology; plus lots more uplifting options...

The centre is open from 12pm - 2pm at the King's Arms Barn (between the Town Hall and the Waitrose Car Park). A suggested donation (of £5), to support local charities, is gratefully received through this initiative.

In this year - 2015/16 - the chosen charity is The Chiltern Centre, who provides quality care for disabled children in the Thames Valley.

