

## NEW YOU Massage Clinic | Eleanor Fitzgerald

Registered Physical Therapist, Eleanor Fitzgerald provides Deep Tissue Massage, Sports Injury Treatment, and Relaxation Massage at her clinic "NEW YOU" in New Street, at the centre of Bantry town. Pilates classes are also available in Bantry.

Whether you are looking for specific treatment to address pain, or for general treatment to ease stress and maintain good health, "New You" offers a service tailored to your individual needs. Eleanor has extensive experience and interest in identifying and addressing postural patterns, biomechanical and occupational demands. From desk work to hairdressing to blocklaying, you may suffer specific strains that can be alleviated.

Having trained under John Sharkey, internationally respected exercise physiologist and member of Ireland's Olympic Medical Team, as a Physical Therapist, Eleanor is recognised by both Aviva and Quinn Direct.

Pilates classes are suitable for people of all age and fitness levels, and can help you to:

- Improve posture, core strength and flexibility
  
- Reduce back pain
- Increase body awareness & co-ordination
- Reduce physical & mental stress.

Free handouts available with exercise advice for back pain or neck pain - drop me an email or phone!

For information or advice, contact Eleanor:

phone: 087 7530430

web site: -

email: [eleanor@mealagh.com](mailto:eleanor@mealagh.com)