

# Holistic Therapies

The Women's Centre philosophy is gender specific, holistic trauma informed bespoke services which include holistic therapies.

Unlike conventional medicine, the holistic approach seeks to treat the person as a whole being, looking at aspects of your life including lifestyle, behaviours and emotions, rather than just looking at and treating the symptoms.

A great number of today's illnesses come about as a result of the stress and tension in the lives we lead today.

Holistic therapies can help;

- restore our natural balance
- increase our sense of well-being
- cope more effectively with the stresses and strains of everyday life
- boost the immune system
- help relieve pain
- improve sleep patterns
- increase energy levels
- reduce stress and tension

We are giving three sessions per client and ask for a small donation of £2.50 per session. Talk to your My Sisters' House Keyworker to book.



[www.mysistershouse.info](http://www.mysistershouse.info)

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Arun and Chichester Women's Centre

*'Inspiring women to live their potential'*



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