

Need some FREE advice?

Experts will be here to

answer your queries....

- Footwear advice from
"Run & Become"
- Podiatry
- Physiotherapy
- Sports Masseur
- Fitness Consultant



*Drop in
Running Event
Wednesday 29th October
6.30pm–8.30pm*

 **Run and Become**
www.runandbecome.com



The Old Dairy Pavilion Estate Melrose TD6 9BN
Tel:01896 823399 Email: info@borderphysio.co.uk
www.borderphysio.co.uk

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