

## Services

Beyond your treatment we provide several other services. These include self help classes, screenings and the availability of professional advice over the phone, free of charge.

The free screening is an opportunity to meet Dr Butterworth and find out whether chiropractic may be of benefit to you. It is a brief examination with subsequent advice on how to proceed to recover your health.

The self help class is a workshop covering topics such as: exercise, posture, stretches and nutritional advice. Its aim is to give you the appropriate advice so that you may change your lifestyle to speed your recovery, prevent a relapse in your condition and maintain a healthy spine. The class is 1 to 2 hours in duration and is held once or twice a month.

To book a place on the self help class or free screening please contact us by e-mail at [info@headchiro.com](mailto:info@headchiro.com) or by phone on 0113 2289 888. This class is open to all patients and anyone else who takes an interest in their health.