

offering a wide range of complementary therapies

EMM-TECH FOR CARERS

The Emm-tech short course is a hands-on **FIRST AID FOR MUSCLES**. This is an opportunity for carers to learn 12 basic bodywork skills to ease pain and discomfort, increase mobility, fluid retention, and more. In this course you will learn moves specially selected from the Emmett Technique professional course. Along with your manual you will receive a DVD in which Ross Emmett demonstrates each move, to help refresh your memory. Carol encourages carers to learn this light touch therapy, share it in the work place and witness the almost instant results when using it for caring for the elderly. Learn some of the magic of Emmett and acquire a new skill!!

Why should care professionals want to learn the Emmett Technique?

- Introduction to complementary therapy
- Activity co-ordinators – use as a group activity
- Acquire a new skill
- Increase confidence within your job
- Use the technique on family friends and colleagues
- Take care of your health and well-being
- Feel that you are a valuable member of your team
- Taking your care professional role to a new and exciting level!!

For those who support people in care homes and in their own home

You will learn how to:

- Improve confidence for your service user
- Assist the alleviation of congestion in lower limbs
- Enjoy the one to one time with your service user
- Support Service Users to increase :-
 - Flexibility in knees
 - Stability
 - Grip strength
 - Neck movement
 - Balance
 - Breathing capacity
 - Hand co-ordination
 - Shoulder movement
 - Lower leg mobility

Become an Emm-Tech Practioner, Enjoy A Great Days Training and Take Home a New Skill.

Investment of £100.00 will include a Manual and Dvd

Contact Carol Fisher for Course Dates and Availability

All Bookings taken by E-Mail or through Website.

Call: 01600 660342 or 07769 720717

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