

**Tony, 66, Liverpool**

Severe lower back/Shoulder pain



**“If you are prepared to give it a go you will see the benefits and an improvement in your condition...Good Boost is a great next step to a recovery programme”**

*“I can swim three lengths within my session now, something I could not do when I first attended. My confidence in the water has improved and I enjoy the personalised programme”*



**Lifestyles Ellergreen, Liverpool, L11 2XY**

**Session: Mon: 3.30pm-4.30pm**

For more information call 0151 233 6366