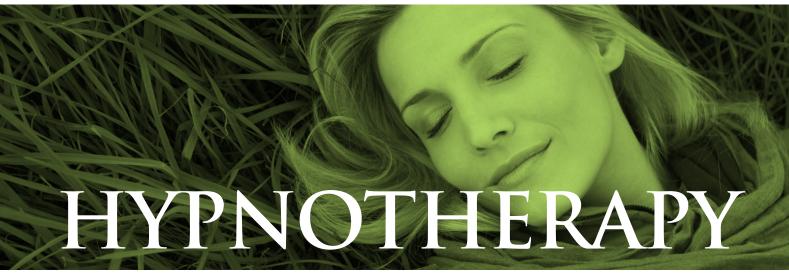


THE BELLERIVE QUAY HEALTH HUB

HOLISTIC WELLNESS CENTRE



Now available at The Bellerive Quay Health Hub!

- Conquer your fear of heights, flying, public speaking or unwanted phobias.
- Build your self-esteem to perform at your peak during auditions, exams or sporting passions.
- Quit smoking and lose weight while building your capacity to eat nutrient-dense foods and exercise consistently.
- Diminish chronic pain and the symptoms of cancer treatments, IBS and stress-induced conditions.
- Deal with the complexities of sexual health issues and receive resources for symptoms of anxiety or depression.

Bookings Essential

See the Website and phone The Hub to book an appointment!

