

n8 health



n8 health can help you to

- feel good
- look after yourself

and

- be your best.



n8 health is for people of all ages.

What you can get at n8 health.

Chiropractic

A bad back can cause lots of other problems. For example,

- headaches
- sore neck
- pain in other parts of your body

Chiropractors help you look after your back.

Chiropractors:

- work on your back
- give you exercises
- tell you how to look after your back.



Massage



n8 health offer different types of massage. For example

- to relax
- for sore muscles
- for pregnant woman
- using essential oils such as lavender and rose oil.



Physiotherapy

A Physiotherapist can help with lots of health and movement problems.

For example,

- help repair muscle damage
- reduce stiffness and pain
- increase mobility
- improve quality of life



Speech Pathology

Speech pathologists work with people with

- communication problems

and

- swallowing problems.

Communication problems include problems with

- speech
- language
- swallowing
- stuttering
- voice.

Find the best pillow for you

n8 can help you find a good pillow.

A good pillow will help you to

- sleep

and

- look after your neck.



You can visit us at

63 Nish Street, Echuca, Victoria. 3564.



Phone 0354822988



Website www.n8health.com.au