

# FOOTY IS BACK!!

West Coast Health are located at the home of the West Coast Eagles and welcome back the players, staff and our physio Lara Mitchinson.

With the Derby due on Sunday we are excited to be involved!



Our Physios are ready to help the community with the following offers throughout the month of July.

- **FREE BODYHIIT** Class (Tuesday 6.15am) + **FREE PHYSIOFIT** Class (Monday 5.15pm) - both 45 min safe fitness circuits – great start to your week and your first class FREE!
- **30%** off an initial physiotherapy consult - we can help fix any of your aches/pains or injuries
- **30%** off Bike Fitting with our Physio/Triathlete **Phoebe Freeman**
- **30%** off concussion baseline testing (important for pre-season baseline testing for contact sports)
- **\$50** massage with Physio **Harry Sinclair** on Monday's.
- **30%** off VO2 max performance testing with WCE Phd Student.

Call 6255 1990 or [BOOK ONLINE](#) and quote **WCHJULY** when booking



**West Coast Health**  
AND HIGH PERFORMANCE

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