

## Julia Kenning 0774 0857901



Sports Massage Therapist Julia Kenning, has over 10 years experience in sports massage therapy, working in the past with Leicester City Football Club, Birmingham City Football Club and more recently Nottingham County Cricket Club as well as Advanced Physiotherapy in West Bridgford. Sports Massage Therapy benefits not only athletes but people of all abilities for injury recovery as well as injury prevention. Julia is also a qualified personal trainer and has a studio based at her home in Costock.

For more details please contact Julia Kenning on 07740857901 email [bodyfit@uk2.net](mailto:bodyfit@uk2.net) or visit my website [www.bodyfit.me.uk](http://www.bodyfit.me.uk)