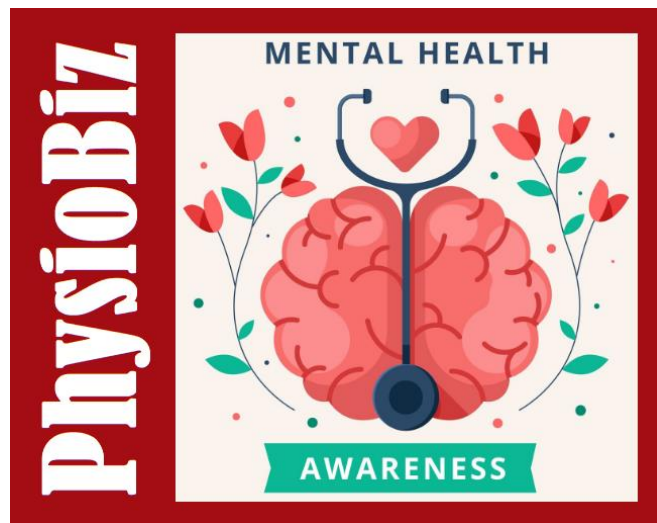


PhysioBiz - May 2025 - 5 Things Physiotherapy Can Do for Mental Health



Did you know that physiotherapy can help manage anxiety, improve sleep, boost self-esteem, and even reduce chronic pain—all of which support your mental wellbeing?

In this month's edition of **PhysioBiz**, we explore how movement, guided by a qualified physio, can positively impact your **body and mind**.

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