



## Autumn Fitness for Senior Dogs

15<sup>th</sup> Sept - 3rd Nov, 1:30 – 3pm

At Touch Canine Care Centre, Skipton Rd Harrogate



An innovative 8 week course designed to improve the lives of older dogs.

If your dog is slowing down, feeling stiff and struggling with walks, then this is for them. If you wish there was something else you could do to help them, then this is for you.

The course is inspired by the hugely successful falls prevention groups run by physiotherapists for elderly people and includes education, exercise and fun. Owners will learn valuable practical skills to help keep their dogs pain free and flexible. Dogs will participate in a gently progressive, individualised exercise programme designed by a qualified veterinary physiotherapist and aimed at improving strength, flexibility, fitness and balance.

Autumn is the perfect time to improve your dog's mobility in preparation for the onset of winter weather. We can help them cope with arthritis-aggravating cold and damp, slippery mud and icy pavements.

Contact Kay Webb, Chartered Veterinary Physiotherapist at

[kay@thedogphysio.co.uk](mailto:kay@thedogphysio.co.uk) or **07715 668441**

for further details and how to sign up.