

The logo for Fine Fettle Training is a green rounded rectangle with a white border. Inside, the word "finefettle" is written in a white, cursive font, with a small heart over the 'i'. Below it, the word "training" is written in a smaller, white, sans-serif font.

*finefettle*  
training

## HYDROTHERAPY

This course is aimed at therapists with an interest in using Hydrotherapy as a treatment for patients either in a group or individual. Course content includes:

- Introduction to Hydrotherapy
- Indications/uses
- Precautions
- Group therapy
- Individuals
- Designing programmes

This course will be partly practical and therefore not suitable for non-swimmers.

**DATE: FRIDAY 16th December (1pm to 6pm)      COST: £75      Light refreshments only**

**The course will run from Fine Fettle, then move to local pool and return to Fine Fettle to conclude.**

**TUTOR: Lynn Kelly Chartered Physiotherapist**

Lynn is a highly motivated physiotherapist dedicated to achieving maximum recovery possible in individuals using quality treatment and rehabilitation skills and a holistic approach to patient care. Lynn works as a physiotherapist in practice as well as being a serving officer with the Territorial Army since 2003.



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[www.finefettle.org](http://www.finefettle.org)