

***Men are often reluctant to seek health related help.
We believe it is important to think about prevention and
early detection. Therapies, Services and Classes may help!***

Exercise Classes at Beehive

Bodyworks Pilates help to improve posture, rehabilitate from an injury or illness, manage a back issue, improve flexibility and mobility, or find the compliment to another sport such as running, golf, cycling, horse riding, football or swimming.

A variety of Yoga classes and 121 Yoga sessions have an emphasis on your individual ability to keep relaxed and soft during flowing movements to help release tension physically, mentally and emotionally.

Tai Chi is a series of movements performed in a slow, focused manner and accompanied by deep breathing in a self-paced system of gentle physical exercise and stretching.

Jazz Dance Stretch & Tone class includes an initial range of exercises to prepare the body for the dance element and increase flexibility and strength, particularly focusing on posture, balance, control and the core.

There may be contra-indications which mean a treatment is not suitable for you or it needs to be customised. Check when booking as each service is different.

**Our Health Hives are handy guides to help you choose
an approach to manage your healthcare.**

- **Which Massage is right for me?**
- **Mental Health**
- **Postural Health**
- **Diabetes**

To Book or for information

Call 01244 915 603

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Mens Health Hive

Diabetes - Neck and Joint Pain -
Muscle Aches - Insomnia - Stiffness - Gout -
Relationship problems - Soft Tissue Injuries -
Headaches - Stress - Fatigue - Tension -
Frozen Shoulder - Arthritis - Sports Injuries

Men's health refers to a state of complete physical, mental, and social well-being, as experienced by men, and not merely the absence of disease or infirmity.

World Health Organisation (1948)

Relationship Support

Relate offer a confidential service for couples who would like support to resolve conflict and arguing, affairs, trust, money issues, separation and divorce, and also help with family life

Relate are able to offer four sessions weekly at Beehive including evenings and weekends that fits in with your lifestyle.

To make an appointment ring
0300 330 5793

Amatsu for Sports Injury

This very popular therapy is based on a blend of modern research and ancient hands-on movements from Japan, this gentle treatment is ideal to help with any sports injuries. It comprises of a number of different techniques such as massage, mobilisation, re-patterning and cranial balancing, which can be used in many combinations to suit the clients needs including back pain.

Psychosexual Therapy

Psychosexual therapy is a specialist therapy specifically designed to help people living with difficulties that are of a psychological, sexual nature and that are too difficult or complex to be resolved on their own.

Having sexual difficulties can be isolating and difficult to talk about. However the truth is, it is very common. Various reasons include physical illnesses, psychological reasons such as stress, depression or unresolved grief.

Functional Medicine

Functional Medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual's illness.

Dr Fairoz Fayaz's approach is based on current scientific research and the understanding that health is a very personal thing, she will perform an assessment to identify factors that are affecting your health.

Diabetes

Several NHS Diabetes sessions are held at Beehive -

- Healthier you is a diabetes prevention programme.
- Diabetes Essentials is for people with Type 2 or Borderline diabetes.
- Health and Lifestyle Essentials is a weight management programme for BMI more than 40.

As well, we offer nutritional therapy and a dedicated yoga for diabetes.

Pain Management

Chronic, persistent pain is disturbingly common and can result from a number of known and unknown conditions. For example, you might be experiencing the early onset of arthritis, or be dealing with persistent pain from a surgery several years back. Massage is known to ease pain and we have the perfect Combo package to chose from, as sometimes it can be difficult to find the right one for you.

Stress

Stress is usually a reaction to mental or emotional pressure. It's often related to feeling like you're losing control over something, but sometimes there's no obvious cause.

Good ways to deal with stress are practising mindfulness, exercises like Yoga, Pilates or Tai chi are known to help, or therapies that help with relaxation i.e. massage or reiki. Counselling and hypnotherapy may be the solution for some.

Muscular and Joint Pain

Musculoskeletal disorders are injuries or pain in the human musculoskeletal system, including the joints, ligaments, muscles, nerves, tendons, and structures that support the limbs, neck and back. There are various treatments to help ease discomfort: Acupuncture, Amatsu, Massage & Reflexology. Exercise is vital in keeping muscles and joints healthy, we offer: Pilates, Tai Chi, and Yoga classes.

