



Compliments and Complaints

If at any time you have a concern or comment to make, please do not hesitate to contact the Chief Executive Officer on 0260 71 5200 or write to PO Box 77, Tallangatta VIC 3700



Tallangatta Health Service is a flexible and dynamic provider of services that meets the changing needs of our rural community



Tallangatta Health Service
is a
smoke free facility

Available at Tallangatta Health Service.

- Medical Centre
- Bolga Court : Residential and Respite
- Lakeview Nursing Home
- Respite Care
- Acute Hospital Care
- Home And Community Care
- District Nurse
- Occupational Therapist
- Meals on Wheels
- Women's Health
- Asthma Education
- Dietician
- Diabetes Education
- Exercise Classes, and Strength Training
- Podiatry
- Physiotherapy
- Bowen Therapy
- Activity Day Centre
- Social Worker
- School Dentist
- Red Cross Car
- Community Bus Hire
- Room Hire
- OSCH Childcare

For more details, phone reception. 0260 71 5200

BOWEN THERAPY

Robyn Paton
0260 27 3343



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What is Bowen Therapy?

Bowen Therapy is a holistic and multi-dimensional approach to pain relief and healing that has achieved outstanding results. The founder of Bowen Therapy, Tom Bowen, found that the underlying source of many musculoskeletal, neurological, neuromuscular and other health problems could be found in the soft tissue or fascia. Fascia embraces all nerves, bones, arteries, veins and muscles, and therefore can effect every muscle, nerve and organ in the body. Bowen Therapy is safe to use, regardless of age. It is suitable for any condition from sports injuries to chronic complaints.

Treatment

A Treatment consists of small gentle moves at a specific site on the body.

There is no force involved. Bowen Therapy is gentle and effective with substantial relief often obtained after the first session. Only two to three treatments, one week apart is required in most cases. Treatment sessions can last from 10 minutes to 50 minutes.



To make an appointment

This service is available to all members of the community. Treatments are by appointment at the Tallangatta Health Service. Please phone the therapist directly on: 0260 27 3343 or for more information phone Tallangatta Health Service on: 026 71 5200



How can Bowen Therapy help me?

Conditions that have responded well to Bowen Therapy include:

- Sporting injuries
- Frozen shoulder
- Stress and tension disorders
- Musculo-skeletal pain
- Respiratory conditions
- Digestive complaints
- Sciatica TMJ Syndrome
- Fibromyalgia



By treating the cause, not the symptoms, Bowen Therapy has consistently shown, to have a profound and permanent healing and pain relief outcome. Benefits can include remission from pain, reduced stress, improved physical and emotional quality, greater mobility, increased energy, improved circulation, lymphatic drainage and detoxification.



OUR VALUES

Caring to be sensitive and responsive to each other

Honesty to be open, trustful and trustworthy

Integrity to be open, confidential and accountable

Respect to treat each other with dignity, courtesy and as individuals