

West Kent Edition

March/April 2008
www.wellbeingmagazine.com

Wellbeing

"the state of feeling healthy and happy"

informative ● inspiring ● enlightening

Interview:

Jason Gardener MBE, Olympic Gold Medalist
& Julia Armstrong - Former International Marathon Runner

Integrated Medicine

Dr Mark Atkinson shares his views
on the future of medicine

- Guide to healthy feet
- Boosting fertility
- Osteopathy for babies

WIN
a Royal
Treatment