



Risk Free Mattress Trial



Have you ever had an expensive new mattress delivered and found that your hopes of better sleep have been dashed as it proves more uncomfortable than you thought? According to the Sleep Council, we should spend at least thirty minutes lying on a mattress before we decide to buy it. In practice the average time is less than two minutes.

Local firm HealthMatters offers customers the option of a 30 day risk free trial on its range of new memory foam mattresses. 'We really work hard to understand what our customers need and expect' says Therese Kelly owner and founder of the business. 'By discussing each situation in detail we aim to effectively match a customer with a specific mattress that is best suited to their needs. Then we will fit that mattress to their bed and let them trial it for thirty days before payment.'

During the trial HealthMatters will store your old mattress in a temperature controlled environment until you are sure that you want to go ahead with the purchase. If, at any time, you choose not to go ahead, your old mattress is replaced on your bed. 'It really removes any element of risk for our customers' says Therese.

We spend, on average, one third of our life in bed and our well-being has been shown to be directly related to the both the amount and quality of our sleep. According to Therese, 'the benefits of memory foam include superb posture support which leads to much less tossing and turning. Since memory foam does not transfer movement like traditional sprung mattresses, this also benefits our sleeping partners!'

Memory foam also helps asthma and allergy sufferers as its properties prevent dustmites from living inside the mattress and the allergens that are present in dustmite waste are greatly reduced.

For more details on memory foam mattresses and the risk-free trial contact HealthMatters on 01892 541407 or go to www.healthmatters2you.com



British Heart Foundation will be organising 4th annual sponsored walk around Bewl Water in aid of the British Heart Foundation on the 4th May 2008.

Last year they raised £3021.90p, which they hope to exceed this year.

There are a choice of 4 distances 3, 6, 9 and 13 miles, the longest being a full circle of the reservoir finishing at the start. Transport is provided from the 3 shorter distances back to the start. Dogs and joggers are welcome and children under 16 must be accompanied by an adult although the under 16's go for free. For more information please contact 01892893918 or e mail east@bhf.org.uk with your full postal address and they will send a registration form with information. www.bhf.org.uk

Entry fee for this event: £3.00

Interested in learning more?

Meet therapists and health related business, listen to presentations and find out who's on your door step to help with all your health needs

The **Wellbeing Wednesday** networking event is open to the general public and is free to attend. If you have a health related issue, need advice on different therapies or just want to learn, why not come along and chat in an informal atmosphere?

There will be short presentations, access to literature and an opportunity to experience an African Massage from Magnus Agugu.

Wednesday 16th April, 7.30pm - 10.30pm

Come along to The Spa Hotel, Mount Ephraim, Major York Suite, Tunbridge Wells.

To reserve your FREE seats please call 01892 541621 email rachel@wellbeingmagazine.com or visit www.wellbeingmagazine.com/tickets for this months speakers.