

# THE RUNNING COMPANY

**Perfect presents for all  
runners in Central Scotland**

Now open at 17 Henderson Street,  
Bridge of Allan

Tel: 01786 833322

[www.therunningcompany.co.uk](http://www.therunningcompany.co.uk)

Asics  
Gore  
Brooks  
Saucony  
New Balance  
Innov 8  
Mizuno  
Ron Hill  
Merrell  
Hilly

Our next edition  
will be dated  
Spring 2008, and  
will be published  
early March. Please  
let us have your  
adverts by  
February 14th.

dog walking  
dog training  
home boarding  
cat visits  
[www.safepaws.co.uk](http://www.safepaws.co.uk)  
**Safe Paws**  
Professional Pet Carers  
0845 199 8340

## Mind & Body Healing

Complementary Therapies for  
relaxation,  
health, stress and pain reduction,  
and general well being.

### FORTHCOMING COURSES

#### Emotional Freedom Techniques

Certificated Level 1 Training  
Course

Saturday 22nd September

Saturday 24th November

#### Indian Head Massage

Certificated Training Course

20th/21st October

#### Chi Gong and Tai Chi

Wednesday evenings

6 classes, starting 5th September  
8pm - 9.30pm

Saturday 8th September  
10am - 1pm

*Gift Vouchers available for  
a blissful relaxing experience*

**Kathleen Morison**

BSc STAT MIPTI

7a Coneyhill Road  
Bridge of Allan FK9 4EL

Tel: 01786 833717



### Would you know what to do during a flood?

Floodline is Scotland's free national flooding information service,  
providing advice and guidance on flooding issues, as well as live  
flood alerts. Call Floodline on **0845 988 1188** or log on to  
[www.sepa.org.uk](http://www.sepa.org.uk) to request your **free** flooding information pack.



**24 hour flooding advice  
only a call or a click away**

**Floodline**  
0845 988 1188  
SCOTTISH ENVIRONMENT  
PROTECTION AGENCY  
[www.sepa.org.uk](http://www.sepa.org.uk)

### Lose Weight, Gain Energy Maximise Your Nutrition

Bridge of Allan-based Nutrition and Weight  
Management Coach

Our clients have had amazing results with:  
**weightloss & toning**  
**IBS & digestive support**  
**increased energy/vitality**

For information call Denise on 07803 043263