



THE SIGN OF GOOD FOOD

The very best in authentic Italian cuisine, freshly prepared and served with style.

Vecchia Bologna, Mine Road, Bridge of Allan
Telephone 833617

Would you know what to do during a flood?



Floodline is Scotland's national flooding information service, providing advice and guidance on flooding issues as well as live flood alerts.

Call **0845 988 1188***
or visit www.sepa.org.uk/flooding

Floodline
0845 988 1188
SCOTTISH ENVIRONMENT
PROTECTION AGENCY
www.sepa.org.uk

*BT calls cost 2p/min plus 7p set-up fee from your home.
Other providers and mobiles may vary.

DOREEN LUMSDEN

M.Ch.S. BSc. Pod.M. S.R.Ch.

State Registered Chiropodist
& Podiatrist
Surgery & Domiciliary Visits
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Web site: www.chiropody-online.com

Member of the Health Professions Council



Mind & Body Healing

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

Emotional Freedom Techniques

EFT and Weight Loss issues

Saturday 17th January 2009

10am – 1pm

AAMET certified with

EFT Master ANN ROSS

Level 1 Training

Saturday 28th February

Level 2 Training

Sunday 1st/Monday 2nd March

£340. Early birds by end January

£300

**THIS IS AN UNMISSABLE
OPPORTUNITY**

Chi Gong Morning

New Year Clear Out

Saturday 3rd January

10am – 1pm

Indian Head Massage

Certificated training over four

evenings and Sat am.

19th, 21st, 26th, 28th,

31st January.

Gift Vouchers available for
a blissful relaxing experience

Kathleen Morison

BSc STAT MIPTI

7a Coneyhill Road

Bridge of Allan FK9 4EL

Tel: 01786 833717

www.mindandbodyhealing.co.uk