



# sauna **YOU** FREE



**Thank you all** for your dedication through the pandemic and beyond. We are so grateful for the **extraordinary care** you consistently provide. We'd love to invite everyone working in the surgery for a **free sauna** on **March 14th** (or before April 14th) for **Social Prescribing Day**. Please can we prescribe **you** a sauna?

We've witnessed such **incredible positive shifts** in well-being in our community, both in ourselves, and in the people we serve. **Recent scientific studies** now support **all the magic** we've been feeling in our minds, bodies and souls for years.

We'd love to help ease the pressure on the surgery, and all of you, by **helping people get well**, and **stay well**, with **regular sauna**, and safe **cold** exposure.

Please **message us** to book your **free sauna** on **March 14th** (or claim a voucher/ book a free session before 14th April)

Love



[www.britishsaunasociety.org.uk/saunayoufree](http://www.britishsaunasociety.org.uk/saunayoufree)