

**IS SPORTS MASSAGE JUST FOR ATHLETES?**

**WITH ANDY GORDON**

**MAY 8<sup>TH</sup>, 2023 – 12:30 BST | RIGRUN RECOVERY ZONE**

During this insightful webinar with Sports Massage Practitioner Andy Gordon, we'll delve into the science behind sports massage, including:



- How it can help anyone maintain and improve their physical health
- How it can reduce your risk of muscular injury while working in a demanding environment
- How it can prep your body for a fitness competition like RigRun

Visit [rigrun.co.uk/recovery-zone](https://rigrun.co.uk/recovery-zone) for more details.

**INCLUDES PRIZE DRAW ENTRY TO WIN A 90-MINUTE SPORTS MASSAGE APPOINTMENT WORTH £88.50!**



Scan the QR code to join the webinar!

