



## “OSTEOPATHY” CLINIC

Clinic specializing in “Osteopathy” services opens in Gozo.

“Stretching into our bones releases energies that lay dormant and will eventually cause mobility issues,” says Stefano Pitzalis.

Treatment may include gentle joint manipulation, stretching, massage or joint balancing techniques.

Suitable for pain in neck, shoulders, back, knees, elbows, legs and sinuses.

Studio is located in Gozo.

Reminder to check the opening hours and procedures.

**For information, contact:**

Gozo Osteopathy on 7901 4471



## “FLOATATION” THERAPY

Relaxation centre launches “Floatation” therapy services.

“Due to the high Epsom salt content of the water, you won’t be fighting gravity so that your body can literally melt into this womb-like, nourishing environment,” says Lyonne Sundari.

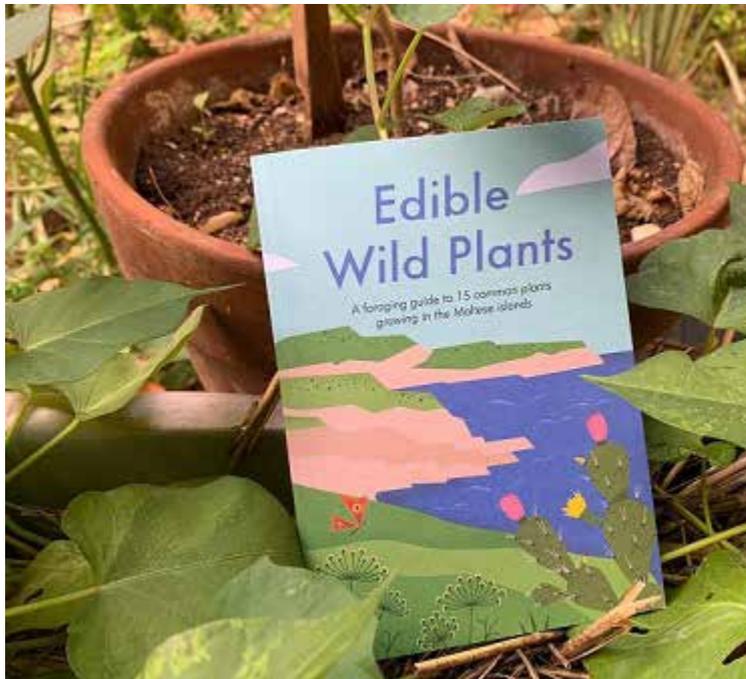
Also known as Restricted Environmental Stimulation Technique (REST) floatation therapy provides relief from physical pain, mental stress and anxiety.

Centre is located in Gozo.

Reminder to check the opening hours and procedures.

**For information, contact:**

New Humanity Center on 2755 5854



## “EDIBLE” PLANTS

Maltese non-government organisation launches “foraging” guide.

“We have created a foraging toolkit with info on 15 common edible wild plants,” says Martin Galea De Giovanni.

Project was with the work and support of Timothy Tabone, illustrator Magda Azab and recipes by Biome Munch and Marrow.

Action co-funded by the Erasmus+ Programme of the European Union.

Toolkit guide is available online.

Variety of books are now available to loan.

**For information, contact:**

Friends of the Earth Malta on 7996 1460



## “YOURZOOKI”

Liposomal vitamin C range of “yourzooki” is now available.

“Way to support your immune system and energy levels when feeling run down. Have straight from the sachet or add to smoothies, yoghurt, porridge, granola and more,” says a rep.

Contains 1000mg of liposomal vitamin C per sachet.

No ethanol, alcohol or any artificial preservatives.

Gluten free, dairy free, sugar free, soy free and suitable for vegans.

Individual serving sachet ensures that no oxidation takes place.

Ask at your wellness shop or pharmacy.



## “M28”

Pharmacist launches “M28” online wellness shop.

“Products which I as a healthcare professional trust enough to use on myself and on my loved ones,” says the specialist.

Nupo range of weight management products are now in-stock.

“Meal replacements can be used to replace up to two of your daily meals to cut down on calories without going hungry or compromising on essential nutrients.”

Based in Malta.

Delivery or self-pickup service is available.

**For information, contact:**

M28 on 9988 2641





## “STRESS” MANAGEMENT

Mindfulness specialist launches online “stress management” training.

“It’s a practice that strengthens your limbic system or, simply put, your emotional muscle, to become more balanced when facing painful times,” says Monica Borg Debrincat.

Specialist advises other ways to practice, “it might be a walk in nature, it might be watching a positive movie to cheer you up, it might be having a talk with someone else.”

In collaboration with the UK EFT Mindfulness Centre and Sir M. A. Refalo Sixth Form in Victoria, Gozo.

**For information, contact:**

AtTune to Life on 7928 5783



## “RESILIENCE” TRAINING

Psychotherapists introduce “Building Resilience Muscle” program.

“Ability to hope and to see opportunity in challenge, can be learnt and cultivated. Become more confident in your sense of control and your ability to impact your wellbeing,” says Cathy Peric.

Sessions aim to improve stress management skills, agility, clarity of mind and focus.

Personalized to individual needs based on diagnostic assessment.

Interactive and engaging sessions held weekly for two months.

On-going support provided.

**For information, contact:**

Qualia at [connect@qualiamalta.com](mailto:connect@qualiamalta.com)