

## Centre For Complementary Health Supports Huntingdon 10K Charity Race

Local runners are invited to join the team from the Godmanchester based Centre for Complementary Health at the 2013 Huntingdon 10K Charity Race.

This year's race takes place on Sunday 16th June 2013. The route will start and finish on the Alconbury airfield, and the event will include up to 1000 runners for the 10k run as well as a 3k fun run and a spectator village. With activities such as a bouncy castle, face painting and traditional games, everyone from non runners to enthusiasts can have a great time!

Also, Chris from the Centre who is our Consultant Physiotherapist, will be on-hand to offer the runners tips and advice on sports injuries. Chris will also be hosting an 'Ask the Expert' session in the run up to the race. Full details will be posted on our website.

We need YOU to help us make it the biggest and best fun event EVER, and to raise as much as we can for local charities.

**END**

**More info:**

Website: [www.CentreForCompHealth.com](http://www.CentreForCompHealth.com)

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Notes to Editors:

Centre for Complementary Health provide services in Osteopathy, Physiotherapy, Acupuncture, Chiropody, Podiatry, Alexander Technique, Pilates and many more. Our practitioners have been chosen for their blend of relevant qualifications and clinical experience. Together, we offer a balance of expertise across a wide range of disciplines. We work in the Godmanchester area to:- meet the needs of the local community, supplementing health care in the area with our flexible approach, build close links with GPs, consultants and other health professionals, promote prevention of injuries for many clinical conditions, promote active continued professional development for practitioners at the Centre and for other like-minded professionals.

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Hunts 10k run <http://www.hunts10k.org.uk/>