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Bringing Life Back

Do You.....

- Sit at a desk all day with bad posture?
- Forget to stretch before and after exercise?
- Have pain from old injuries?
- Carry a heavy bag every day on the same shoulder?

Massage Can.....

- Release tension and stress.
- Reduce aches and pain.
- Boost immunity
- Increase flexibility.
- Produce happy hormones.
- Help you feel like new.

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Dorset Artist Award

A Dorset wildlife artist has received another award. Paul Matthews from Puddletown has won the Endangered Species competition at the BIC SHARDS exhibition for his painting Amur Tiger - Cold Stare - pictured.

"It is always great to be recognized in this way," says Paul, who last year received The Chester Zoo Award for his painting of a chimpanzee at The National Exhibition of Wildlife Artists.

"This news couldn't have come at a better time because in September three of my



paintings worth £2,000 were stolen before the Wildlife and Landscape Exhibition at Rookesbury Hall, Wickham. They are still to be recovered. The three paintings are: Roe Buck, Wolf Pair and Small Fox. Anyone with information is asked to call the police on 101 quoting 44150297029."

In 2013 Paul was commended in

the BBC Wildlife Artist of the Year competition.

Contact Paul on: 01305 848780,
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