



Hey NAME,

I just wanted to check in to see how you're doing?

At the moment the physios are putting together a lot of tips behind the scenes. Let me know if you are suffering with any problems at the moment and I'll make sure they record some tips for you.

Just **hit reply** and let me know as I want this content to be as specific as possible to what people need.

Laura

P.S We are all in this together as a community which is why we are continuing to post our daily top tips and advice inside the community [Facebook group](#).

Click [here](#) to join that now