

Gretchen Heard BSc ACMT, Gretchen qualified as an Advanced Clinical Massage Therapist at the Jing school of Advanced Massage Training in Brighton in March of this year and more recently qualified as a Certified Oncology Massage Therapist with Susan Findlay of the North London School of Sports Massage.

Gretchen runs clinics in Newhaven and will be here Saturdays starting in December. She also volunteers as a massage therapist for Macmillan at the Horizon Centre in Brighton.

She has trained to treat chronic pain conditions and pathologies by using a fusion of different massage techniques tailored to the needs of the individual such as swedish, myofascial release, trigger point, sports, deep tissue and relaxation. Her particular areas of interest are fibromyalgia, arthritis and low back pain.

To book an appointment with her please phone her on 07917571071 or 01273-513969 or send her a message via [gretchen@pain-management-massage.co.uk](mailto:gretchen@pain-management-massage.co.uk)

