



ONLINE CONSULTATIONS

Easy as 1, 2, 3.



We at 'The Wellness Centre (Catle Quay)' are always trying to stay one step ahead and are pleased to announce that our Therapists are now able to offer **Online Consultation Services** to make some of our therapies i.e. (Mindfulness Meditation + Counselling) more accessible, more relaxed and much more convenient. One no longer needs to travel to us, rather you can **see & talk** to a friendly and familiar face right from the comfort of your own home...!

It's simple all you need to do is follow these three simple steps.

1. Download **FREE**  software from www.skype.com
2. Call or e-mail us to arrange your pre-paid Online Consultation.
Tel: (01534) 633060 **e-mail:** the-wellness-centre@hotmail.com
3. We will  call you on your Computer, Smart Phone or Tablet device at the agreed time.

It's that simple...!



Skype-to-Skype calls to other users are free of charge.

Skype is a telecommunications application software product that specializes in providing video chat and voice calls from computers, tablets, and mobile devices via the Internet to other devices or telephones/smartphones. Users can also send instant messages, exchange files and images, send video messages, and create conference calls. Skype is available to download onto computers running Microsoft Windows, Mac, or Linux, as well as Android, Blackberry, iOS, and Windows Phone smartphones and tablets. Skype allows users to communicate by voice using a microphone, video by using a webcam, and instant messaging over the Internet.