

My therapy room is located at Rocklands health and movement

Rocklands Health and Movement Center
14a Bel Ombre Drive, Constantia,
Cape Town

<https://goo.gl/maps/5GQXyYxrCJ3LK7F96>

14A is the second entrance, the first is marked 14B (Don't use 14B)

Parking is available in any parking Bay marked "cottage".

Follow the signs to the cottage where you will find me in treatment room 2.

<https://www.rocklandshealth.co.za/>

Call or message me if you have any difficulty.

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