
Senior Appointment at Central Health to support Business Growth

February 2009 – Central Health, leading provider of health and fitness services to individuals and organisations, has appointed Simon Price to the newly created position of Commercial Director.

Simon has been associated with Central Health since 2006 when he became non-executive Chairman, advising the directors on matters of leadership, business development and corporate governance. An experienced business manager, Simon brings with him years of experience of operating at senior level in a number of commercial organisations.

As Commercial Director, Simon will focus on developing relationships with medium and large organisations to increase Central Health's share of the corporate sector. He will also put policies in place to ensure that Central Health – which employs a team of 40 therapists and support staff – continues to be an employer of choice.

Simon Price comments: 'Central Health has made significant inroads in the corporate sector in recent years, working with organisations of all sizes, including many law firms. My remit is to build on these foundations to become the wellbeing partner of choice for organisations throughout the UK'.

Founded in 1992 with Physiotherapy at the heart of its offering, Central Health works with employers in the public and private sectors to ensure staff wellbeing, compliance and total peace of mind. The company's team of over 40 therapists provides a wide range of services from screening and assessment through to manual training, ergonomics and bespoke programmes to fit organisations' specific requirements.

Simon Shepard, joint Managing Director of Central Health says: 'Simon will play a pivotal role in negotiating major contracts and launching our new Stress and Performance Management service to the corporate world.'

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Notes to editors:

For further information please contact:

Annick Devillard
The Rooster
020 7851 4409/07752 359 959
annick@therooster.co.uk

About Central Health

Central Health was founded in 1992 by Chartered Physiotherapists, Simon Shepard and Natasha Price. Known initially as Chancery Lane Physiotherapy, the company, which started in Chancery Lane in Central London, changed its name in 2005 as services expanded.

Central Health has grown to become a multi-faceted operation with the aim of providing health and wellness services to individuals and corporations. The company constantly appraises advances in the field of medical science to **return, maintain** and **build** people's health and fitness.

Central Health operates from five London locations: Chancery Lane, which remains the main clinic; the Hospital of St John & St Elizabeth in St John's Wood; Movers and Shapers in Vauxhall; Roehampton University and the Springdene Clinic in Whetstone.

Whilst physiotherapy remains core to Central Health, the company offers a full range of health and wellness services including stress management, orthopaedic consultations, health screening, GP services (in partnership with GenMed), occupational therapy, sports medicine, podiatry, nutrition, acupuncture, massage, personal training and Pilates sessions.

Central Health works with large organisations to ensure staff wellbeing, compliance and total peace of mind. This includes delivering education on topics such as ergonomics and manual handling, putting in place health & safety policies, providing health screening and GP services and helping to measure and manage the negative effects of stress.

With over 40 practitioners, Central Health is one of the largest employers of its kind. All the therapists are chartered and registered with The Health Professions Council.

For more information on Central Health visit www.central-health.com.