

Relax, just do it with a little help

A SPEECH, language and voice therapist has released a DVD and CD to help people relax by improving their breathing technique.

Penny Anne O'Donnell, *pictured below*, treats children and adults with swallowing or voice difficulties. She works at Parkway Hospital in Solihull, Little Aston Hospital, Sutton Coldfield, and South Bank Hospital, Worcester.



The DVD/video gives advice on breathing techniques,

relaxation and work-life balance. It also looks at the medical benefits with a GP.

Penny Anne said: "To be totally relaxed you must breathe properly. Taking less than five minutes a day to relax is a tiny investment in yourself and your health."

DVD giveaway

BUPA Today has a copy of Penny Anne's 'Breathe your way to Calmness' DVD or video and CD to giveaway.

To enter, send an email with your name and workplace, and Relaxation DVD as the subject to: prizes@bupatoday.com by 19 May.

Or send the same details to Relaxation DVD Competition, *BUPA Today*, Pressgang, Shropshire House, 179 Tottenham Court Road, London W1T 7NZ.

If you're not lucky enough to win, there is a discounted rate for *BUPA Today* readers of £14 for the DVD (normally £17) and £10 for the CD (normally £12).

For more information visit www.relaxationdirect.com