

# chiropractic HELPS

Issue 18 – November 2014



## IT'S A BOY! IT'S A BOY!

Dr Mat and Dr Lu are very excited to have welcomed healthy twin boys – Oliver and Remy. Born on the 19th September weighing 2.95kg and 3.2kg respectively. Although there is a whole lot of nappy changes, Luisa and the boys are doing very well. We would like to take this opportunity to thank our wonderful patients for all your well wishes and generous gifts. It is truly appreciated. Dr Lu will be back at work every Saturday in December and then Monday, Tuesday and Thursdays in February 2015. Our priority is delivering quality care. If your preference is to continue seeing Dr Mat, please feel free to do so. We are happiest knowing our patients are happy and feel that they are being cared for.



## Gift Vouchers Available

Stuck for a Christmas gift idea?

Everyone loves a massage!

Gift vouchers are available.

Half Hour \$55

Full Hour \$85

90mins \$110

## CONTACT DETAILS

Please remember to let us know if you change your address, phone or mobile number or email address. It helps us contact you if the need arises.

## CLINIC HOURS AND AVAILABILITY

	Dr Luisa	Dr Mat	Mal
Mon	am pm	am pm	
Tue	am	pm	am pm
Wed		pm	am pm
Thu	am pm	am pm	am pm
Fri		am	
Sat*	am	am	

\* NB Once a fortnight

**Ph: 9855 1422**

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Kew 3101

admin@chiropractichelps.com.au

## CHRISTMAS HOLIDAY HOURS

December is such a busy time of year for everyone particularly in the clinic. Unfortunately some patients expect Christmas miracles for ongoing problems they have not sought treatment for until a few days before a planned trip away. Please take the time to look after yourself ahead of time so that you may enjoy your holidays pain free.

As per usual, if taking long trips remember to take regular breaks and stay hydrated to help maintain focus and get to your destination safely. The clinic will be trading as usual until Tuesday 23<sup>rd</sup> December. Dr Mat and Dr Lu will also be working every Saturday in December to accommodate your needs. The clinic hours over the holiday period are as follows:

Monday 29<sup>th</sup> December 1pm – 7pm / Monday 19<sup>th</sup> January 1pm – 7pm

Tuesday 30<sup>th</sup> December 10am – 5pm / Thursday 22<sup>nd</sup> January 8am – 7pm

Normal hours resume on Tuesday 27<sup>th</sup> January.

During the holiday break an emergency service will be available to existing patients only. Just call the clinic for further instructions on how to get in touch. An out of hours consult fee will apply.

Please note that Mal will be away during the whole month of January, enjoying a well earned holiday in India.

The team at Chiropractic Helps wish you all a safe, happy and healthy holiday season. We look forward to seeing you in 2015 for a fantastic year ahead for all!

*The greatest compliment you can give your chiropractor is a referral!*

# GREAT IDEAS FOR PRESENTS!

If you're stuck for a gift idea for someone this holidays then we're here to help! Everyone loves a massage...Give the gift of good health this holiday season. Massage gift vouchers are available for purchase 30 minutes — \$55 / 60minutes — \$85 / 90 minutes — \$110.

We are also now stocking high quality Flex-Heat Lupin heat packs. These function the same as a wheat pack however are far superior. Lupin seeds are low allergy, retain heat better than wheat and due to their hard outer shell also don't flake and break down like wheat husks do.

Lupin Heat Packs are available in regular 17cm x 33cm size for \$22 or extra large 17cm x 57cm size that can be draped across the shoulders for \$33.

They come in a high quality cover in a range of colours with the instructions stitched into the bag and are presented in an attractive box making them a perfect gift.



## PRICE INCREASES

Please be aware that as of January 1st our prices will increase slightly. Unfortunately with the increased costs of running a business the time has come to re-align our prices with the industry averages. As always we endeavour to keep our prices as low as possible despite increases in electricity, laundry, rent etc and we have managed to keep them at or under the industry averages. We appreciate your understanding and look forward to continuing to provide you with the very best care possible. Changed prices are as follows:

Chiropractic Initial Consult \$88

Chiropractic Standard Consult \$55

Concession rates as above \$77/\$44

Massage one hour \$88

To help offset this slight increase we will be introducing a Chiropractic Helps Family Rate. This means that if 3 or more family members under regular chiropractic care come in on the same day we will see mum and/or dad for the concession price of a child! Remember we also offer a complimentary initial consult to babies of patients as well.



"I'll need an appointment on December 26th, please."

## MOVEMBER AND THE MOE'S OF ANARCHY!

Movember is on us again and this year Dr Mat and Mal will have the help of Chris joining their team to raise funds for men's health. Over the last six years Dr Mat and Mal have raised almost \$13,000 towards Movember!

This year they will once again be raising funds under the team name of the Moe's of Anarchy. The boys would dearly love to surpass last year's total of \$1950. Help join the fight against prostate cancer and donate to the Moe's of Anarchy! You can check out the "mo" progress on our Facebook page – Chiropractic Helps, and don't forget to hit the like button!

Donations can be made to the team online or at the clinic on your next visit. Every little bit helps! Donation website:

<http://moteam.co/moe-s-of-anarchy>

