

Gift Ideas

Stuck for a gift idea? We have gift vouchers available and everyone loves a massage!

Half Hour \$55

Full Hour \$88

Hour & Half \$110

We also stock lupin seed heat packs which make a great gift for loved ones



Facebook

Please visit our Facebook page and LIKE us for health tips and handy information, updates and pics about things we are doing in the clinic like new yoga terms and Movember and the occasional give-away!

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

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chiropractic HELPS

Issue 23 - November 2016

MERRY CHRISTMAS & HAPPY HOLIDAYS

Here we are again! Christmas!! Gee that came around quick!! As always we have had another great year in practice. We have loved looking after you and your family and have especially loved how many babies have been born this year to many of our patients including our very own Elly!! It's so wonderful to see the families in our practice grow and we particularly love trading kid war stories!! Thank you to our brilliant patients who have also become our friends and family over the years. We look forward to continue caring for you and your loved ones. We wish you a Merry Christmas and happy and healthy New Year! See you all again in 2017!

Merry Christmas from Oliver and Remy!



As many of you would have heard, Elly is now a proud mum to a beautiful baby boy named Lenny. Lenny was born September 18th and is currently keeping mum very busy! The picture above shows him having his first chiropractic check up with Mum! It was Elly's intention to come back to work some time in 2017 however family life has taken her in a different direction and Elly and her family are moving back to Inverloch. Sadly this means she won't be returning to Chiropractic Helps. We have loved Elly being part of our health team and although we will miss her, we wish her, Matt and Lenny all the very best on the next chapter of their family adventure. Elly also had a few words to say for her clients...

Thank you to all of my lovely clients (and those of Mal's that came to see me whilst he was off adventuring) for making me feel so welcome and for making my first year as a remedial massage therapist so enjoyable!

All the best to those of you that have sporting events coming up, I know that Mal will do a fantastic job of taking care of you leading up to and after your events. I loved being a part of the Chiropractic Helps team and wish all the patients I met during my time there the very best!! - Elly

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

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. Remember if taking long trips 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 Friday 23rd December and we will be working an extra Saturday on the 17th to accommodate everyone. Please note that Mal will be away during the whole month of January, enjoying a well-earned holiday.

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. The team at Chiropractic Helps wish you all a safe, happy and healthy holiday season. We look forward to seeing you in 2017 for a fantastic year ahead for all!

24th Dec to 27th Dec CLOSED

Wednesday Dec 28th 11am – 6pm

Thursday Dec 29th 11am – 6pm

30th Dec to 15th Jan CLOSED

Monday 16th Jan 11am - 7pm

Thursday 19th Jan 8am – 7pm

Saturday 21st Jan 8:30am - 12:30pm

Normal trading resumes Monday 23rd January

PRICE INCREASE

Please be aware that as of January 1st our prices will increase slightly. 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 \$90

Chiropractic Standard Consult \$57

Concession rates as above \$80/\$47

Neuro Emotional Technique \$70

Massage 30min / 60min / 90min \$58 / \$90 / \$115

Please remember that we also offer a **Family Rate**. This means that if three 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! We also offer a complimentary initial consult to babies of patients as well.

MOVEMBER 2016

Movember has rolled around again and for Dr Mat's 13th year and Mal's 8th year they will be growing mo's to raise money and awareness for men's health with a focus on prostate cancer and depression. Over the last eight years Dr Mat and Mal have raised in almost \$16,000 dollars 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 \$1904. Help join the fight against prostate cancer and depression and donate to the Moe's of Anarchy! You can check out the "mo" progress on our Face-book 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>

ATTITUDE OF GRATITUDE – MY NEW YEAR'S RESOLUTION GOING INTO 2015

About 2 years ago now, I began a gratitude journal. Initially I found the task of finding three things that happened in my day to be grateful for difficult. It's so easy to focus on the negative that it's sometimes hard to see the positive. Especially when my life had changed dramatically having our twin sons! It wasn't the parenting thing, as I really love that! :) It was the lifestyle change that came with it and the inability to freely do things that sometimes got me down. In doing this exercise, I began seeing the positives in what sometimes on the surface appeared to be negative. It made me look at life differently. It made me appreciate the little things as well as the big things. Most importantly, it made me happy. So I'm not asking that you write in a journal – who has time for that ;) I'm asking that you put aside 2 minutes at the end of your day and really think about the things that happened that you are grateful for. That difficult task a while ago is so easy now that it's hard to just stop at three things!! I hope that 2017 brings you so much to be grateful for!! - Dr Lu

