



Kennedy Chiropractic Centre October Newsletter

Carnival Loud Shirt competition, And the winner is....

Dr Hart wins with this lime green number!but Sue was a close second.



Dr Brianna came for a carnival visit with Dr Tara this year.

Thanks Bev R for coming armed with her camera to catch the action.





Keep an eye on the cherry blossom (in the front yard) this month. It has started to flower but will be in full bloom in November.

Dr Chan has shared a couple of photos from her recent trip to Alaska:



Congratulations Dr Chan on your new car!

After about a million miles of back and forth to the coast each week we figure you deserve it



World Spine Day – Sunday 16 October 2016

For World Spine Day on Sunday 16 October 2016, the Chiropractors' Association of Australia (CAA) is encouraging people to 'Straighten Up and Move'. World Spine Day is a global campaign to highlight the importance of physical activity and improving posture for good spinal health and prevention of injury, as part of the Bone and Joint Decade's Action Week.

It is estimated that one in six Australians (3.7 million) had chronic back problems in 2014–15, according to an August 2016 report released by the Australian Institute for Health and Welfare (AIHW).

'Straighten Up'

Poor posture may cause headaches, soreness, back pain and fatigue, by putting pressure on your spine. In many cases, this can be prevented with education about the issue. While it may take some diligence to undo bad habits, it's worth persevering.

Straighten Up Australia is an ongoing community service initiative of the CAA, and is an easy and enjoyable everyday program to improve your health and the way your body functions.

Consisting of a set of simple exercises and taking just three minutes to complete, Straighten Up Australia will help improve posture, stabilise core muscle groups and enhance health. Download the Straighten Up Australia exercise program at www.chiropractors.asn.au/sua

'and Move'

Modern lifestyles – such as office work and extended use of computers or mobile devices – may make us less active or adopt poor posture.

Walking is a low impact exercise that helps improve flexibility and mobility. Accompanied by a regimen of stretching, walking can improve flexibility and a better range of motion. Walking strengthens the body and helps position the spine in its upright natural shape, promoting good posture.

CAA's Just Start Walking app is one way to help get you moving. Available from the App Store and Google Play, this app allows you to track your walks via GPS, log your walking history, share your walks with friends online and find walking events in your local area.

For more information on how to maintain a healthy spine, please visit www.chiropractors.asn.au



Where is 'Red Ted'?

Red Ted and his friends have taken a bath and are just hangin' around on the clothes line.

Thank you

Many of you refer your family, friends and co-workers to us for them to enjoy the same benefits that you gain from regular

chiropractic care. So we'd like to thank you in a big way.

Between September through November we will put your name in the 'thank you' box to win Contour Pillow. As they say, "Got to be in it to win it" so who can you refer this week – family, friends, co-workers, grocer, butcher, plumber, mechanic etc...



We had Birthdays Galore in September. Drs Hart & Chan managed another successful year so we celebrated in style



We are updating your information

It's that time again, we are updating your details in our system. For many of you a lot has changed this year, so please help us to keep your details as current as possible. Natalie, Sue and Leiza will be able to update all these details for you just let them know during your next visit or call/email if that's more convenient.



A note of thanks to Robin for bringing some green leafy veggies for us to share. Also to Helen and Don who often bring part of their fresh veggie garden.

Dr Tracy Kennedy-Shanks turned 21. She started as a chiropractor at Kennedy Chiropractic Centre 21 years ago



Tracy's First Day
18/9/95

Staff Update

Dr Hart



Dr Hart's writing is not easy to read according to some of us here at KCC. He now has confirmation that it probably is not his fault. The proof is in a report card from primary school, which was recently unearthed during a cleanup of his filing cabinet. Right there in red ink was a notation that " your son " has failed writing. There is an excuse. He had been part of an attempt to improve writing, by introducing a new type of writing called cursive. It failed and was removed from the school the following year. But, as they say, the melody lingers on.

Dr Hart is at work on Monday and Thursday.

Dr Tracy



Dr Tracy took the loud shirt idea seriously and managed a few 'clangers' over the Carnival week. She also made an effort to check out the parks in her lunch breaks. It was nice to see the rain but she has a 'rock garden' because she is not very good with growing anything except weeds.

Dr Chan



Dr Chan had a short break in the USA at the end of August and visited Washington state as well as Alaska. She saw bears on the Katmai Peninsula fishing for salmon and was lucky enough to see the Northern lights for 3 nights in a row whilst camping in Denali. The weather was beautiful and sunny with 20 degrees during the day, 2-3 degrees at night and only one of day rain. Perfect all round. Dr Chan will be at work for the rest of the year, with a weekend away here and there camping with friends.

Dr Chan works Friday & Saturdays each week.

Dr Tara



Tara enjoyed the Carnival of Flowers and having Dr Brianna up for a visit. She thought the food and wine event was lots of fun and, that all the gardens were looking spectacular. After a very busy September, she's looking forward to a bit of a slower paced October.

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

Dr Sandie



Dr Sandie and her family enjoyed a lovely week away at Kingscliff. Hamish was very excited about playing in the sand every day. Sandie is very excited that spring has arrived. It's such a lovely time of year when everyone gets out and about to enjoy the weather and flowers.

Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Sue



Sue had a double surprise in September, when Joanna flew to Brisbane for two weekends in a row. She had been working south of Perth for 3 weeks and was entitled to a trip back to Belgium in that time, but decided to come home instead. The second visit was a stop over on her way to Auckland, before returning to Belgium. What a lovely surprise!

Natalie



Natalie has been involved with the Carnival of Flowers for the fourth year running, selling flowers, 7 Catching up with people she only gets to see at such an event. She loves Spring and the connections KCC has bought into her life; to enable her to do what she loves helping people.

Leiza



September was a very busy month with relatives visiting for the Carnival of Flowers, going to all the beautiful gardens/parade. Our loud shirt competition had Leiza sewing again - first time in years. She is also very proud she passed Q-Ride and have her motorbike licence to take advantage of the great Sunday bike rides to beautiful places like Ravensbourne & Esk. She is finishing the month with a fabulous trip thru NSW hinterland with her Camper Trailer 2 fluff balls and onto the Central Coast to visit her daughters family and spoil the grandkids. Life is Gooood.

Kennedy Chiropractic Centre - Calendar and hours

October 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Closed Queens Birthday	4 Dr Tara Dr Tracy Dr Sandie	5 Dr Tara Dr Tracy Dr Sandie	6 Dr Tara Dr Hart	7 Dr Tara Dr Chantal Dr Sandie	8 Dr Chantal Dr Sandie Dr Tracy
10 Dr Hart Dr Tracy	11 Dr Tara Dr Tracy	12 Dr Tara Dr Tracy Dr Sandie	13 Dr Tara Dr Hart	14 Dr Tara Dr Chantal Dr Sandie	15 Dr Sandie Dr Chantal Dr Tara
17 CLOSED	18 Dr Tara Dr Sandie	19 Dr Tara Dr Sandie	20 Dr Tara Dr Hart	21 Dr Tara Dr Chantal Dr Sandie	22 Dr Chantal Dr Sandie Dr Tracy
24 Dr Hart Dr Tracy	25 Dr Tara Dr Tracy	26 Dr Tara Dr Sandie Dr Tracy	27 Dr Tara Dr Hart	28 Dr Chantal Dr Sandie Dr Tracy For Dr Tara	29 Dr Sandie Dr Chantal Dr Tracy For Dr Tara
November 2016					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 October Dr Hart Dr Tracy	1 November Dr Tara Dr Tracy Melbourne Cup Day	2 November Dr Tara Dr Tracy Dr Sandie	3 November Dr Tara Dr Tracy for Dr Hart	4 November Dr Tara Dr Sandie Dr Chantal	5 November Dr Sandie Dr Chantal Dr Tracy
7 Dr Tracy Dr Sandie for Dr Hart	8 Dr Tracy Dr Chantal For Dr Tara	9 Dr Tracy Dr Chantal For Dr Tara	10 Dr Sandie For Dr Tara	11 Dr Sandie Dr Chantal Dr Tracy for Dr Tara	12 Dr Sandie Dr Chantal Dr Tracy for Dr Tara
14 Dr Hart Dr Tracy	15 Dr Sandie For Dr Tara Dr Tracy	16 Dr Tara Dr Sandie Dr Tracy	17 Dr Tara Dr Hart	18 Dr Tara Dr Sandie Dr Chantal	19 Dr Sandie Dr Tracy Dr Tara For Dr Chan
21 Dr Hart Dr Tracy	22 Dr Tara Dr Tracy	23 Dr Tara Dr Sandie Dr Tracy	24 Dr Tara Dr Hart	25 Dr Tara Dr Sandie Dr Chantal	26 Dr Chantal Dr Tara Dr Sandie
28 Dr Hart Dr Tracy	29 Dr Tara Dr Tracy	30 Dr Tara Dr Tracy Dr Sandie	1 December Dr Tara Dr Hart	2 December Dr Tara Dr Sandie Dr Chantal	3 December Dr Chantal Dr Sandie Dr Tracy

Want an appointment?

Phone: 07 46391060 or email: healthy@kennedychiro.com

We're on the Web! www.kennedychiro.com or follow us on facebook <https://www.facebook.com/KennedyChiropractic>