

Kennedy Chiropractic Centre

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April 2009 Newsletter

Happy Easter!



Mmmmmm!

For the last few weeks have been asking you all to guess how many Easter eggs are in this basket. All proceeds go to the ASRF (Australian Spinal Research Foundation).

Watch this space to find out who won.

Dynamic Growth Chiropractic Conference

Drs Tracy & Meghan recently attended the Dynamic Growth, Chiropractic seminar in Brisbane. It was a huge gathering of Chiropractors all sharing the gems of information from practice. Cyndi O'Meara (the author of "Changing Habits Changing Lives") spoke and inspired the bigger picture about health and self care. Cyndi has offered to come to Toowoomba later in the year to speak here at the office. Her book "Changing Habits, Changing Lives" is available for sale \$30 at the office.



"Hipseat" Product Update

While at the DG conference Dr Tracy purchased "Hipseat" a baby seat that is part of a belt. Often parents of young children (under 2) come in to the office with hip and back problems from lifting children from the floor, and holding children on one hip. Well now there is a solution so you can still hold the child but have the weight distributed on your belt while keeping your hands free. For more information check it out on line or ask us to order one at a reduced practitioner rate of \$79.

<http://www.badbacks.com.au/shop/product/328/255/kiddy-cabby-hip-seat>

Healing the hurts of the bushfire effort

During the February 2009 fires in Victoria, Chiropractic students provided care to the volunteers that fought the blazes. About 60 students offered their services at the emergency Chiropractic clinics, which were established through the initiative of two Master of Clinical Chiropractic students, Carla Murdoch and Dominic Flynn. Associate Professor Phillip Ebrall, Discipline Head of the Chiropractic programs at RMIT, said the students treated more than 400 volunteers from the CFA, SES, DSE, Police and wildlife rescue over 15 days.

Half an Hour to Health Classes – Free Sessions

In March and April Dr Meghan has been giving the half hour brief introduction to the office and your care.

They are on Tuesday evenings 6pm start April, 14, 21, 28th

Chiropractors Update

Dr A. O. Hart Kennedy

Well it is that time of year again, Easter week. Dr Hart has taken a motorbike holiday at Easter for the past 40 or so years. He takes his vintage motorbikes to Bathurst, meets up with his old riding friends, and puddles around the countryside on his bikes for a week. We wish you another fun year. Dr Hart will be taking another holiday later in the year to go to Canada to celebrate his 50th year since graduating as a chiropractor. Congratulations.

Dr Hart continues to work on Mondays and Thursdays weekly.

Dr Tracy Kennedy-Shanks

In March Dr Tracy had a visit from her sister Ari, now living in LA. They travelled the country catching up with friends and having lots of cups of tea as well as attending a wedding in Melbourne. While there, they caught up with Kirstie to see how her Chiropractic studies are going at RMIT. Dr Tracy has also been busy with the Chiropractic association with meeting in Adelaide, Sydney and Brisbane in the past months. There is a lot happening with health care reform in Australia and as a board member Dr Tracy is involved in the direction of Chiropractic within our health system. Dr Tracy will be working in April while the

other chiropractors take a few days off.

Dr Maree Chilton

We are sad to say Dr Maree will be leaving Kennedy Chiropractic at the end of April. She has been part of the office for 2 1/2 years driving up to the office from NSW each week. Maree has spent the past month making some serious life decisions and spending time with her family. She has decided to work closer to home and will be opening her own office near Lismore. She has also had a chance to have some fun in the past month and did surfing lessons, a week of dance classes as well as a whale rescue course. Wednesday & Thursday, April 15th & 16th will be Dr Maree's last days at work here. Farewell we all wish you the best and will miss you.

Dr Chantal Henderson

It is holiday time again for Dr Chantal as she has been making the annual trek to Argentina for Orca photography and research. We also want to congratulate Dr Chan on all that serious triathlon training. She can often be seen riding her bike around the streets of Toowoomba or swimming during her lunch breaks keeping fit. When Dr Chantal returns from holidays she will resume on Tuesday 21st April then continue her Thursday, Friday and Saturday mornings.

Dr Meghan Keleher

Dr Meghan is feeling very welcome here at the office

and is happy to be living back in Toowoomba. She is away for a weekend in April to continue her studies at a SOT seminar (our low force technique) in Melbourne. Dr Meghan has been working while the rest of the Chiropractors have been away but usually she works on Tuesdays, Wednesdays and Fridays.

Dr Helen update

Dr Helen has officially survived the Idaho winter and is looking forward to some daylight and warm weather. She is still waiting on the authorities to grant her registration in the USA but the good news is she passed her board exams. Dr Helen will be back at Kennedy Chiropractic in August to work when she brings Tomas home for a visit with family.

Chiropractic Assistant Update

Jill & Sue & Glen

Jill & Sue attended a Chiropractic Assistant forum in April with a number of other chiropractic offices. It is always good to communicate with others so we can improve our own office.

Glen has been busy this month with office repairs and assisting with the new carpet installation.

Any ideas/suggestions?

newsletter@kennedychiro.com

Like what you see but want to save paper?

Let us have your email address at reception when you are in for your next appointment.

We only use emails at the office for newsletters and individual communication. We do not give out your address because we know how annoying it is to get spam.