

Kennedy Chiropractic Centre

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June 2009 Newsletter

‘Swine Flu – Hogwash or the truth’

Well everyone that knows about health knows it is the health of the host that is the important thing not the bug. In that case why is swine flu any different? Yes it is a different type of virus but if you keep yourself healthy then you are no more likely to get this flu virus than any other.

How do you stay healthy? Well, physically look after yourself and get a tune up chiropractically. Chemically look after yourself with good food and lots of water. And mentally look after yourself with reducing stress and a positive mental outlook. Easy isn't it.

Half an Hour to Health Classes – Free Sessions Tuesday evening 6.00pm start Why is your health important???

**We think your health is the most important thing you own
And in June, we are going to put our money where our mouth is.**

Chiropractic Care Week is over for another year but we would like to continue in spirit of Chiropractic Care by introducing new people to the amazing benefits of chiropractic.

We would like to offer a FREE Initial Assessment of your family and friends for the month of June. This is a saving of \$85!!!!

To be eligible for this offer the person would need to have attended the Half Hour to Health class prior to their appointment. These classes are held on Tuesday evenings at 6:00pm and can be booked by calling 4639 1060.

This amazing offer is our gift to the wellness of your family and friends. Please spread the word so that your loved ones can benefit. We look forward to seeing them at Kennedy Chiropractic Centre.

Does your child have ADHD or does your child regularly display ADHD-type behaviours?

If you answered yes to either of these questions, then you are invited to participate in an online survey regarding parents' understanding of ADHD-type behaviours. Whether you believe ADHD is a medical condition or not, as a parent or guardian, you are considered the expert for your child and so your views will be highly regarded.

For further information or to participate in the online survey, go to: www.adhdsurvey.com.au

Chiropractors Update

Dr A. O. Hart Kennedy

Dr Hart & Liz are overseas for the month of June in the USA and Canada. Dr Hart is there for a special reunion of 50 years after graduating as a chiropractor. While there they are also visiting relatives.

Dr Hart will return to work on Thursday 24th June and will be back to the usual Mondays and Thursdays.

Dr Tracy Kennedy-Shanks

Dr Tracy is back from a trip to Chicago. While there she attended a Parker seminar to improve her skills as a chiropractor, as well as catching up with family.

She is now back in the office applying those skills and will be working the extra Mondays and Thursdays while Dr Hart is away.

Dr Chantal Henderson

Dr Chantal has taken on the challenge of attending some further education courses this year. She has completed part 1 of Neurolink – attaching the brain to the body, and she will be finalising her Wellness certification later in the year. Chan is still fitness training and you may see her around the streets of Toowoomba on her bike early in the mornings.

PS. Dr Chantal and Dr Tracy were seen out by the Toowoomba Chronicle photographer at a local bar relaxing and catching up. It

is good to balance work with pleasure.

Dr Chantal works on Thursdays, Fridays and Saturdays.

Dr Meghan Keleher

Dr Meghan has completed her SOT seminar series – the style of Chiropractic we use in the office. It is a requirement of our Chiropractic registration to keep up our knowledge and skills professionally but more importantly it is a benefit to us and to the people we treat.

Dr Meghan is the proud organiser of the display for Chiropractic Care week – she is quite the artist.

Dr Meghan works on Tuesday, Wednesday and Fridays every week.

Dr Maree Chilton

Dr Maree is settled back in NSW working close to her home. She keeps in contact and regularly asks for updates on people that she saw here at the office.

Dr Chantal and Dr Maree had an unplanned meeting at a Neurolink seminar in Melbourne in May where they also caught up with Kirstie (now ½ way through 1st year Chiropractic training – only 4 ½ to go).

(I know Maree misses us all and was sad to leave – editors note)

Dr Helen Silkman

Yes the rumor is true. Dr Helen is coming back to Australia in August for a month. She is bringing Tomas to see the family while the USA are on summer school holidays.

(Tomas just graduated from pre-school with the full ceremony including a cap and gown)

Dr Helen is coming to work for the month of August and will be in the office from Tuesday to Saturday.

Chiropractic Assistant Update

Jill, Sue, Maree & Glen

Jill, Sue, & Glen would like to welcome Maree the new trainee chiropractic assistant. Maree has been a long term friend of the office and will have her trainer wheels on for a while learning about what we do.



Welcome Maree - CA

Maree joins us at the office with a spark of enthusiasm and a belief in chiropractic and natural health care. She has been a friend of the office for a few years now and is looking forward to meeting everyone.

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.