



Kennedy Chiropractic Centre January Newsletter

Welcome 2016!

Is your New Years Resolution to lose weight?

After weeks of parties, beers, chocolate and rich food many of us vow to lose weight. The new year's resolution is a good reason to kick start change, but how many of you are able to keep things up until the middle, or even the end of the year?

We have a straightforward guide to healthy weight loss that doesn't involve dieting. Interested?

Ask your chiropractor or one of the assistants for your "Guide to Weight Loss for Health and Wellness" next time you come in for your adjustment.

What happened in December?



KCC Christmas Party

This year we got dressed up and rented a bus for a tour of the Toowoomba Christmas lights.



Thank you for the thoughtful gifts

Every year we are grateful for the generosity and thoughtfulness of our patients. We love that so many people think to share gifts and cards with us. We have had chocolate and wonderful food baskets, wine, homemade cooking and thoughtful gifts. We appreciate and love to share all the abundance we receive. Thank you.

More December happenings



Dr Tracy as an elf, Nicholas with a snazzy t-shirt, Liz (Dr Hart’s wife) Santa scarecrow, and Jess, B and their puppy.

Gratitude by Dr Hart

The other day I watched a child, who had just received a present from their mother. The child just took it and walked off. No thank you, no acknowledgements, no nothing.

Rather than being upset with the child’s behaviour, it reminded me to give thanks for things in my own life. To say thank you for the things that I receive. Being grateful for what we have encourages goodness into every part of our lives.

What are you grateful for?

Congratulations – Drs Ellen Reushle and Luci Britnall

We are honoured that we have been part of the chiropractic journey for the wonderful new graduates Dr Ellen & Dr Luci. Congratulations as well, that they both graduated with ‘Distinction’ and Dr Luci received a “Clinical Excellence award”. Welcome to the profession – it is a wonderful career.



Change in the air

In the interest of preparing our office to change over to electronic records we are changing the structure of the appointment book for 2016. Please bear with us, in case we have any challenges along the way. We will continue to send text reminders (if you request) for your upcoming appointment. We have also upgraded out HICAPS machine to paywave. Unfortunately it has been unreliable the past year (fingers crossed and thanks to Sue) it will be smooth transacting from now on. The insurance companies dictate the terms of claiming on the day of service only. Thanks .

Quiz Corner

1. How long did the hundred years’ war last?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October revolution?
5. What is a camel’s hair brush made of?
6. The Canary Islands in the Pacific and named after what animal?
7. What was King George the VI’s first name?
8. What colour is a purple finch?
9. Where are Chinese gooseberries from?
10. What is the colour of the black box in a commercial aeroplane?

[Answers are on our Facebook page]

Staff Update

Dr Hart



Dr Hart has been busy rebuilding a shelter in which to grow vegetables. The hoops are up and the first of the shade cloth thrown over them. There are dozens of cable ties holding it all together. The access door is a work of art, likewise held together with cable ties. Now remains some stitching and gathering for the end walls, likewise probably cable tied. Liz may call a halt to the shade cloth, if it does not allow enough light through to actually grow anything. Anyway, Dr Hart is now called Captain Cable Tie.

In 2016 Dr Hart works Mondays and Thursdays.

Dr Tracy



Dr Tracy had a quiet Christmas at home and enjoyed the days at work and assisting recovery from the entertaining 'Christmas crashes'. She and Glen are looking forward to overseas visitors in January & February as it involves some local sights like Texas & Jondaryan Woolshed.

In 2016 Dr Tracy works Mondays, Tuesdays, Wednesdays and alternate Saturdays.

Dr Chan



Dr Chan almost ended up on Lady Musgrave Island camping over Christmas (to photograph sea turtle nesting) but instead she wound up the end of the year with a visit from her dad (Victoria) and her brother's family (Bali). Christmas was a mix of spending time family and friends Maleny and the coast and a few late nights finalising the book that she is working on, to be printed mid January. Dr Chan takes a quick trip to Sydney early January to work with the printers and with colour correction to ensure accurate colours for printing. She will have a copy in the practice available to look at towards the end of January.

In 2016 Dr Chan works Fridays and Saturdays.

Dr Tara



Tara can't quite believe how quickly this year went! She enjoyed sharing the holiday cheer and the special vibe in the Centre in the lead up to Christmas. Fingers crossed 2016 brings lots of drenching rain out West and much love and happiness to you and yours.

In 2016 Dr Tara works Tuesday through the week and alternate Saturdays.

Dr Sandie



Dr Sandie is very excited about her first Christmas as a mum. She is having a week away, going to Maleny and Augathella. Then in the new year Hamish is turning one (how time flies).

In 2016 Dr Sandie works Wednesday morning, Friday afternoon and Saturday morning.

Sue



Sue has had a wonderful holiday, spending Christmas and New Year with her family near Maleny. She had a few visits to the beach, which she thoroughly enjoyed.

Natalie



Natalie says Happy New Year to everyone and may 2016 bring much happiness and health. Of course Natalie, forever the optimist, is always hoping her numbers come in and she wins big. If so she promises is that she will charter a big ship to take everyone on a holiday.

Brooke



What a crazy few weeks it has been!! Brooke has been very busy catching up with family and friends all over the place. She is on the count down until her cruise in early February for two weeks to Vanuatu with her friends.....

She hopes everyone had a safe and happy Christmas along with a beautiful new year... HAPPY 2016 :)

Kennedy Chiropractic Centre - Calendar and hours

January 2016					
Monday 8am-12pm 2pm-4:30pm	Tuesday 8am-11am 2pm-6:00pm	Wednesday 8am –12pm 2pm –6:00pm	Thursday 8am-12pm 2pm-4:30pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-11.00am
4 Dr Hart Dr Tracy	5 Dr Tara Dr Tracy	6 Dr Tara Dr Tracy Dr Sandie	7 Dr Hart Dr Tara	8 Dr Chantal Dr Tara Dr Sandie	9 Dr Chantal Dr Tara Dr Sandie
11 Dr Hart Dr Tracy	12 Dr Tara Dr Tracy	13 Dr Tara Dr Tracy Dr Sandie	14 Dr Hart Dr Tara	15 Dr Chantal Dr Tara Dr Sandie	16 Dr Chantal Dr Tracy Dr Sandie
18 Dr Hart Dr Tracy	19 Dr Tara Dr Tracy	20 Dr Tara Dr Tracy Dr Sandie	21 Dr Hart Dr Tara	22 Dr Chantal Dr Tara Dr Sandie	23 Dr Chantal Dr Tara Dr Sandie
25 Dr Hart Dr Tracy	26 Australia Day Holiday	27 Dr Tara Dr Tracy Dr Sandie	28 Dr Hart Dr Tara	29 Dr Chantal Dr Tara Dr Sandie	30 Dr Chantal Dr Tracy Dr Sandie
February 2016					
Monday 8am-12pm 2pm-4:30pm	Tuesday 8am-11am 2pm-6:00pm	Wednesday 8am –12pm 2pm –6:00pm	Thursday 8am-12pm 2pm-4:30pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-11.00am
1 Dr Hart Dr Tracy	2 Dr Tara Dr Tracy	3 Dr Tara Dr Tracy Dr Sandie	4 Dr Hart Dr Tara	5 Dr Chantal Dr Tara Dr Sandie	6 Dr Chantal Dr Tara Dr Sandie
8 Dr Hart Dr Tracy	9 Dr Tara Dr Tracy	10 Dr Tara Dr Tracy Dr Sandie	11 Dr Hart Dr Tara	12 Dr Chantal Dr Tara Dr Sandie	13 Dr Chantal Dr Tara Dr Sandie
15 Dr Hart Dr Tracy	16 Dr Tara Dr Tracy	17 Dr Tara Dr Tracy Dr Sandie	18 Dr Hart Dr Tara	19 Dr Chantal Dr Tara Dr Sandie	20 Dr Chantal Dr Sandie
22 Dr Hart Dr Tracy	23 Dr Tara Dr Tracy	24 Dr Tara Dr Tracy Dr Sandie	25 Dr Tara Dr Hart	26 Dr Chantal Dr Tara Dr Sandie	27 Dr Chantal Dr Tracy Dr Sandie
March 2016					
29 February Leap year Dr Hart Dr Tracy	1 March Dr Tara Dr Tracy	2 March Dr Tara Dr Tracy Dr Sandie	3 March Dr Hart Dr Tara	4 March Dr Chantal Dr Tara Dr Sandie	5 march 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>