



# *Kennedy Chiropractic Centre*

## **December Newsletter**

### **Why we do what we do. – Lying face down**

When you come in for your adjustment it is a great idea to lie face down while waiting for the chiropractor as it allows your body to relax and your spinal segments to unwind. This means that you get more out of your adjustment and some people quite like the quick nap they sneak in before the chiropractor arrives.

NB: If you have a pacemaker you should wait for the chiropractor to come into the room first.



### **Musings by Dr Hart**



Prevention and maintenance really work. The other day Dr Hart pulled his 1929 Harley Pup out for a spruce up, after it was sitting quietly for 4 or 5 years. Even after that time, it only took petrol, a spark plug check and a kick or two to fire up again. The secret was in the preventive maintenance and care 5 years ago, plus the odd look every 6 months. Dr Hart is looking forward to riding it again.

Dr Hart wants you to know that he values the continuing effort that patients make to maintain their chiropractic care. As the saying goes, "From little things, big things grow" meaning little problems often lead to big problems. He does not know of any chiropractor who enjoys trying to escort anyone from complication & severe disc problems. It is worse in chiropractic practice than in emergency room in hospital, since we have no bed rest or overnight or portable xray facilities etc. Thank you for saving us from that stress. Prevention really is better than emergency care.

Thank you also for bringing us into your lives. We love to hear of your triumphs and sympathise with you in your downers. If we can assist in any way, we are glad to help.

## Product Review – Chiro Clickers



We will have ChiroClickers in stock if you are needing extra presents for the kids for Christmas. They are definitely very popular in the office here. \$16.50 each

## What Happened in November

We celebrated Melbourne Cup with a Chicken/Salad & Champagne lunch and a flutter with our sweep. The lucky winner for the second year in a row was Leiza yah!



We had our work Christmas dinner party at El Attar, lovely food and company and silly hats were lots of fun.





## Staff Update

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**Dr Hart**



Dr Hart is looking forward to spending Christmas in Canada (his first white Christmas in awhile). He will meet up with Liz in Toronto to take a train across Canada (they like snow). Also included are visits to father, aunt, son, daughter and families.

Rescue remedies anyone for frostbite?

Merry Christmas to all and your families, whatever you get up to. Dr Hart is at work on Monday and Thursday.

**Dr Chan**



Chan will be flying to Chile on Christmas day and wishes everyone a Merry Christmas and be safe in your travels.

See you in the New Year when we can share travel experiences.

**Dr Tara**



Last month Tara had a quick trip to Melbourne where she got to catch up with close friends and meet a special new baby. She also did a refresher on a light touch Chiropractic technique, Network Spinal Analysis (NSA). Tara thought the staff Christmas party was a great night out. She's looking forward to the busy lead up to Christmas. Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

**Dr Luke**



Luke is excited to be spending Christmas in Esperance. Although he is excited about not having to drive over again by himself, he is not looking forward to having to drive to Brisbane, fly to Perth, take a regional flight to Esperance then drive for 2 hours to get to his sister's house.

**Dr Tracy**



Dr Tracy & Glen are looking forward to a quiet Christmas this year. 2017 has been a mammoth year with big highs and big challenges, and they are looking forward to 2018. Glen is still doing well in his recovery with the 'new lungs' but life is a journey and so is recovery. They wish everyone the best for the holidays and remind everyone to take time out to enjoy this Christmas season.

**Sue**



Sue is very excited about the upcoming wedding of her daughter Andrea. It's perfect timing because the whole family will still be in Australia for Christmas. Sue also had a wonderful time at the work Christmas party. She would like to wish you all a very Happy Christmas and a New Year.

**Leiza**



Leiza went to her first Motor Bike Rally in Imbil (Sunshine Coast Hinterland) a beautiful spot with lots of lovely people and every kind of bike with every imagined camping set up from a simple swag to bike camper trailers. She is now preparing for the silly season and would like to wish you all a very Merry Christmas and a Happy New Year.

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## Kennedy Chiropractic Centre - Calendar and hours

December 2017					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dec Dr Tara Dr Luke Dr Tracy - AM	2 Dr Tara Dr Luke Dr Tracy
4 Dr Hart Dr Luke	5 Dr Tara Dr Luke	6 Dr Tara Dr Luke	7 Dr Tara - AM Dr Hart	8 Dr Tara Dr Chantal Dr Luke - PM	9 Dr Tara Dr Chantal Dr Luke
11 Dr Hart	12 Dr Tara Dr Luke	13 Dr Tara Dr Luke	14 Dr Sandie	15 Dr Sandie - AM Dr Luke Dr Tracy - PM	16 Dr Luke Dr Tracy
18 Dr Tracy - AM Dr Luke - PM	19 Dr Tara Dr Luke	20 Dr Tara Dr Luke	21 Dr Tara - AM Dr Tracy	22 Dr Tara Dr Chantal Dr Tracy - PM	23 Dr Tara Dr Chantal Dr Tracy
25 Closed for Christmas	26 Closed for Christmas	27 Closed for Christmas	28 Closed for Christmas	29 Closed for Christmas	30 Closed for Christmas
January 2018					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Jan Closed	2 Dr Tara Dr Tracy AM	3 Dr Tara Dr Tracy AM	4 Dr Tara AM Dr Tracy AM Dr Sandie PM	5 Dr Tara Dr Tracy AM	6 Dr Sandie Dr Tracy
8 Dr Tracy AM Dr Sandie PM	9 Dr Tara Dr Luke	10 Dr Tara Dr Luke	11 Dr Tara - AM Dr Tracy AM Dr Sandie PM	12 Dr Tara Dr Luke Dr Tracy AM	13 Dr Tara Dr Luke Dr Sandie
15 Dr Tracy AM Dr Sandie PM	16 Dr Tara Dr Luke	17 Dr Tara Dr Luke	18 Dr Tara AM Dr Tracy AM Dr Sandie PM	19 Dr Tara Dr Chantal Dr Luke - PM	20 Dr Chantal Dr Luke Dr Tracy
22 Dr Hart Dr Tracy AM Dr Sandie PM	23 Dr Tara Dr Luke	24 Dr Tara Dr Luke	25 Dr Tara - AM Dr Hart Dr Sandie PM	26 Closed Australia Day	27 Dr Tara Dr Luke Dr Tracy
29 Dr Hart Dr Tracy AM	30 Dr Tara Dr Luke	31 Dr Tara Dr Luke			

### Want an appointment?

Phone: 07 46391060

or email: [healthy@kennedychiro.com](mailto:healthy@kennedychiro.com)

We're on the Web! [www.kennedychiro.com](http://www.kennedychiro.com)

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