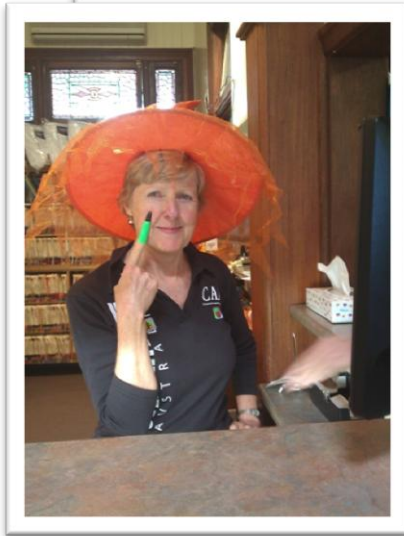


November 2012 Newsletter

October Round up – Scary-practor Day



What's in your wallet?

Sue has noticed a lot of men put their wallets in their back pockets.

When you sit on your wallet, especially if it is full of cash, you can't sit down evenly. It's a bit like walking around with one shoe off.

Sitting on your wallet creates an imbalance in your pelvis, which is supposed to be the strong foundation for your body. You wouldn't want to have a faulty foundation for your house? You would get cracks in the walls and undue pressure on electric cables. Now imagine if those walls were your spine and the cables your nerves. This would be a step back in your improvement.

So, if you don't want Sue to 'NAG' you - take your wallet out of your back pocket before you sit down.



9cm tall wallet

Good thing this one was in the owner's front pocket, not back pocket

Dr Chan's Argentina Adventures

Dr Chan is still on her Argentina trek. Here are some pictures of her adventures to date. Follow her travels on the Kennedy Chiropractic Centre Facebook Page – <https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>



Age Activated Attention Deficit Disorder (AAADD)

"I just wanted to let everyone know that I have recently been diagnosed with Age-Activated Attention Deficit Disorder (AAADD).

Symptoms: This is how it goes... I decide to do the laundry, start down the hall and notice the newspaper on the table. OK, I'm going to do the laundry...

BUT FIRST I'm going to read the newspaper. After that, I notice the mail on the table... OK, I'll just put the newspaper in the recycle stack....

BUT FIRST I'll look through the mail and see if there are any bills to be paid. Yes. Now where is the checkbook? Oops... there's the empty glass from yesterday on the coffee table. I'm going to look for that checkbook...

BUT FIRST I need to put the glass in the sink. I head for the kitchen, look out the window, notice my poor flowers need a drink of water. I put the glass in the sink and notice the TV remote on the kitchen counter. What's it doing here? I'll just put it away... BUT FIRST I need to water those plants. I head for the door and... Aaaagh! Stepped on the cat.

Cat needs to be fed. Okay, I'll put the remote away and water the plants... BUT FIRST I need to feed the cat.

END OF DAY: Laundry is not done, newspapers are still on the floor, glass is still in the sink, bills are not paid, checkbook is still lost, and the cat ate the remote control.

And, when I try to figure out how come nothing got done today, I'm baffled! Because... I KNOW I WAS BUSY ALL DAY! I

realize this condition is serious.... I'll get help...

BUT FIRST...I need to check my e-mail....

Office Update

Dr Hart

Dr Hart and Liz (as well as Dr Tracy and Glen) were in Tasmania for a seminar and a bit of a trip away. Dr Hart really enjoyed the research part of the seminar.

Dr Hart works every week Mondays & Thursdays.

Dr Tracy

Thank you to Dr Cate for taking care of everyone while we were away in Tasmania. The seminar was great and the balance of time was spent relaxing and looking at the Tasmanian wilderness. November we are looking forward to welcoming Dr Chantal the traveller back to work. I hope everyone has been following her trip on FB and through the photos we have printed at the office.

As Dr Chantal comes back to work our rosters will change slightly but Dr Tracy will be working Tuesday, Wednesday, Fridays & Saturdays.

Dr Chan

Dr Chan will be back from her Argentina Adventures in the middle of November.

Dr Meghan



Dr Meghan is getting back into the swing of working a full day on Wednesday. The 'scary-practor' day with the kiddies went well and everyone had a lot of fun. The Keleher family enjoyed celebrating Arthur's 1st birthday just recently. Dr Meghan allows her children

to eat cake for the first time on their first birthday and Arthur loved it.



Dr Meghan is available Wednesday and Friday afternoons as well as every second Saturday.

Dr Sandie

Recently Dr Sandie has been to the Gold Coast for a cranial seminar then down to Melbourne for her second paediatric seminar. She also had a wonderful time as a scary-practor at the free kid's day. There's nothing Dr Sandie loves more than an excuse to dress up and she only managed to scare one baby with her witch's hat.

Dr Sandie is working Monday to Thursday every week.

Sue

Sue was the winner of the Loud Shirt competition held back in September. Dr Tracy was a close second (better luck next time).

Congratulations Sue!



Kathryn

What a blast Kathryn had with the kids taking their height measurement and weight on 'Scary-practor' day'. She expressed how wonderful it is to experience children growing up with chiropractic as a normal part of their life.

A weekend trip to the Sunshine Coast with her friend Helen, in October was also a fun time for Kathryn. She was able to meet up with old friends, something she have wanted to do for some time.

Natalie

Natalie loved the scary-practor day for the kids. The effort made by the Chiro's and parents was awesome. It was Natalie's first kid's day and she is looking forward to the next one.

Glen

This is what Glen bought while down in Tasmania. Do you think he will share it?

(yes, it's real)



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Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

We only use emails at the office for newsletters and individual communication.

We do not share your address with anyone else because we know how annoying it is to get spam.

If you would like us to remove you from our newsletter list email us at newsletter@kennedychiro.com

We're on the Web!
www.kennedychiro.com
or follow us on facebook
<https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

Office Calendar November & December 2012

Monday 8am-12pm 2pm-4:30pm	Tuesday 9am-12pm 2pm-6pm	Wednesday 8am –12pm 2pm –5pm	Thursday 8am-12pm 2pm-4:30pm	Friday 8am-12pm 2pm-6pm (7:30pm)	Saturday 8am-11:30
November					
			1 Dr Hart Dr Sandie	2 Dr Tracy Dr Meghan Dr Sandie	3 Dr Tracy Dr Meghan
5 Dr Hart Dr Sandie	6 Dr Tracy Dr Sandie	7 Dr Tracy Dr Meghan Dr Sandie	8 Dr Hart Dr Sandie	9 Dr Tracy Dr Meghan Until 7:30pm	10 Dr Tracy Dr Meghan
12 Dr Hart Dr Sandie	13 Dr Tracy Dr Sandie	14 Dr Tracy Dr Meghan Dr Sandie	15 Dr Hart Dr Sandie	16 Dr Tracy Dr Chan Dr Meghan	17 Dr Tracy Dr Meghan
19 Dr Hart Dr Sandie	20 Dr Tracy Dr Sandie	21 Dr Tracy Dr Meghan Dr Sandie	22 Dr Hart Dr Sandie	23 Dr Tracy Dr Chan Dr Meghan Until 7:30pm	24 Dr Chan Dr Meghan
26 Dr Hart Dr Sandie	27 Dr Tracy Dr Sandie	28 Dr Tracy Dr Meghan Dr Sandie	29 Dr Hart Dr Sandie	30 Dr Tracy Dr Chan Dr Meghan	1 Dr Tracy Dr Meghan
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December					
3 Dr Hart Dr Sandie	4 Dr Tracy Dr Sandie	5 Dr Meghan Dr Sandie	6 Dr Hart Dr Sandie	7 Dr Tracy Dr Chan Dr Meghan Until 7:30pm	8 Dr Tracy Dr Chan
10 Dr Hart Dr Sandie	11 Dr Tracy Dr Sandie	12 Dr Tracy Dr Meghan Dr Sandie	13 Dr Hart Dr Sandie	14 Dr Tracy Dr Chan Dr Meghan	15 Dr Tracy Dr Meghan
17 Dr Hart Dr Sandie	18 Dr Tracy Dr Sandie	19 Dr Meghan Dr Sandie	20 Dr Hart Dr Sandie	21 Dr Tracy Dr Chan Dr Meghan Until 7:30pm	22 Dr Tracy Dr Chan
24 Dr Hart	25 Christmas Day	26 Boxing Day	27 Dr Hart Dr Meghan	28 Dr Meghan	29 Dr Meghan
31 New Year's Eve					

The office will be open later on alternate Fridays until 7:30pm.