



Kallangur Chiropractic Clinic

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December 2011 Newsletter

Welcome to our December Newsletter!

Dr Kimberly had the opportunity at the end of October to attend the **Chiropractic and Pregnancy** conference in Melbourne. She has come back excited and enthusiastic about working with our patients through their pregnancy and into motherhood. We now have 'Belly Pillows' in the clinic to use for our pregnant and breastfeeding mums. Dr Kimberly has also had the pleasure recently of treating many newborns in our clinic. Did you know that chiropractic can help babies with *colic, reflux, constipation and many other conditions?*



Important Information for Private Health Fund Members

The New Year is fast approaching and for many Private Health Fund Members it signals the expiry of your insurance entitlements for 2011.

Many Health Fund Providers run on a calendar year and they tend not to carry over unused funds to the following year. Now is not only the time to check that you are taking full advantage of your Health Insurance entitlements, but also to ensure that you are keeping fit, healthy and pain free for the festive season.

Call us today to make your next appointment and take advantage of your remaining Private Health benefits for 2011 before they are gone!

Christmas Hours

* We will be closed December 24- January 3 for the holidays.

BELLY PILLOWS ARE HERE!



We are so excited to now have the incredible Belly Pillow available to use for our pregnant and breastfeeding patients. These are designed to make these patients more comfortable while lying

on their belly. These pillows are also available for sale for use at home - they're great for supporting the body allowing rest and relaxation while easing discomfort in the neck and lower back. Check out www.bellypillow.com for more information!



Still looking for that perfect Christmas present? How about a gift that will not only help to relax that special someone? Wouldn't it be great to give a practical gift to be used every day and guarantees satisfaction?

We have several great options available that are sure to please anyone!



- **Dr Graeme Deep Tissue Massager** – A favourite among all our patients and the most popular home massager in Australia! \$70

www.drgraeme.com

- **Complete Sleeprrr and Luxurious Naturelle Latex pillows** – Two pillows to choose from with options of pillow thickness and softness. Again, the most popular and comfortable pillows in Australia. Wake up refreshed every day by ensuring a comfortable sleep and never start your day with a sore neck again! \$79-89



- **Massage gift vouchers** are the perfect stocking stuffer and ideal for that hard-to-buy-for person. Who doesn't love a massage? Our neighbours at **Riverside Massage**, conveniently located with us at Jeshurun House, offer deep tissue, remedial, and relaxation massages.

*Health fund rebates available with some therapists
Please ask when booking!*

