



Kennedy Chiropractic Centre **November Newsletter**

Welcome Back Dr Tracy

Dr Tracy will be returning to work this month on a limited basis initially. Glen is recovering exceptionally well as they come up to the 6 month post transplant mark. Due to hospital appointments she will split her time between Brisbane and Toowoomba but is looking forward to seeing and adjusting everyone again. Dr Tracy will need to be particularly careful NOT to have contact with anyone that is sick (cold, flu, snot etc) as these early times with Glen's recovery are critical. (please let us know and we can give you a mask to wear) Thanks to everyone for the well wishes and prayers and understanding over the past 6 months.



Dr Tracy was honoured to receive 2 awards at the recent CAAQ meeting. The 'Presidential Award for outstanding Service' and the 'Honoured Member' award were presented for the work she has done over the years for the Chiropractic Profession.



Farewell Natalie

Last month we said farewell to Natalie as she has decided that her Airbnb and book require more of her time. She has gracefully offered to help us out if ever we need a hand and of course we will still get to see her when she comes in for her adjustments. So it's not really farewell for the staff but for the patients. Natalie would like to tell you all that she has enjoyed seeing all your friendly faces over the years and will miss you all but looks forward to saying hi if ever she bumps into you in the street or in the waiting room.

Relationships the secret to happiness

According to the Harvard Happiness Study – and what we’ve learned from the world’s longest-living cultures – healthy, sustained relationships are what make us truly fulfilled.

Three big lessons on relationships that this study revealed were:

1. Social Connections Matter

Researches have found that people who have more social connections to family, friends and community are happier, physically healthier and live longer than people with fewer social connections.

2. Quality is More Important than Quantity

The number of social connections isn’t an indicator of happiness, necessarily, however. Our close relationships must be healthy relationships in order to influence our happiness in a positive manner. Living in conflict is extremely damaging to our health.

3. Good Relationships Protect Our Brains

In addition to longer life and better physical health, sustaining healthy relationships protects our brains as well. Our memories stay sharper longer, especially when we feel we can count on people with whom we have close relationships

What happened in October

Halloween was great fun all the kids especially enjoyed the decorations Dr Sandie and Hamish put up. Leiza had a little fun dressing up for the kids.



Dr Tara went to Adelaide to visit Dr Kirstie and her family and was entertained by Audrey and Tom.



Product Review

Nutrition Care Benestat Cough Mixture 200ml

\$35

This cough mixture is made using traditional herbal wisdom (European, Ayurvedic, Chinese and Native American) to aid in the treatment of coughs, colds and other winter complaints. It contains a blend of herbs to assist with healing the respiratory system. immune stimulating and anti-inflammatory.

- Fast acting, codeine free cough syrup
- Non-addictive/non-habit forming
- Sweetened with honey and liquorice
- function, tone and vigour to the respiratory system.



Staff Update

Dr Hart



Dr Hart went to Canberra for the Chiropractic Association of Australia Conference and had the pleasure of listening to Noel Paterson, instigator of sports chiropractic in Australia. This has spread to most sports in Australia largely from the efforts of Dennis Lilly and Rod Marsh (cricketers in the 1970s).

Dr Hart is at work on Monday and Thursday.

Dr Chan



Chan had a fantastic trip to Greece and Italy in September, where she sailed with 8 friends on a 51ft yacht through the Greek Islands for two weeks. They sailed into gorgeous bays, swam in the cobalt blue Mediterranean for hours each day, & docked in different harbors each night. She then did some hiking on her own in Italy in the Cinque Terra and Amalfi coast.

Dr Chan works every second Friday and Saturday

Dr Tara



Tara had a lovely long weekend in the Adelaide hills visiting Kirstie, meeting her gorgeous new little one, Tom, and catching up with Mike, Audrey, their sheep and their dog Heidi. Tara's looking forward to heading back down to Melbourne this month for a seminar and some more catching up with friends.

Dr Tara works Tuesday, Wednesday, Thursday, Friday and Saturdays.

Dr Luke



Luke is still finding new places to explore in Toowoomba and has enjoyed a visit from a friend of Sandie's and his. He was all prepared for the Halloween trick or treators but didn't have any so had to eat all the treats himself.

Dr Luke works Monday, Tuesday, Wednesday, Friday and Saturday.

Sue



Sue has had a very busy month both at work & at home. She did her tax (big effort), finished some Roman Blinds for Hamish & went to Cleveland for an old neighbour and very dear family friends funeral. Sue Caught up with a lot of people she grew up with, it's sad to think we only see old friends at funerals. So a reunion is being organized for early next year.

Leiza



Leiza enjoyed all the rain in October, giving the excuse to have a lazy day enjoying a cuppa and a movie.

She visited the parks and gardens – Toowoomba gardeners have done us proud again.

Leiza is also loving having the KCC front door open to enjoy our garden and the breeze.

Kennedy Chiropractic Centre - Calendar and hours

November					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Nov Dr Tara Dr Luke	2 Dr Tara Dr Hart	3 Dr Tara Dr Luke	4 Dr Tara Dr Luke Dr Tracy
6 Dr Hart Dr Tracy - AM Dr Luke - PM	7 Melb Cup Day Dr Tara Dr Luke	8 Dr Tara Dr Luke	9 Dr Tara Dr Hart	10 Dr Tara Dr Chantal Dr Tracy - AM Dr Luke - PM	11 Dr Chantal Dr Luke Dr Tracy
13 Dr Hart Dr Tracy - AM	14 Dr Tara Dr Luke	15 Dr Tara Dr Luke	16 Dr Tara Dr Hart	17 Dr Tara - AM Dr Luke Dr Tracy - PM	18 Dr Luke Dr Tracy
20 Dr Hart Dr Tracy - AM Dr Luke - PM	21 Dr Tara Dr Luke	22 Dr Tara Dr Luke	23 Dr Tara Dr Hart	24 Dr Tara Dr Chantal Dr Luke	25 Dr Tara Dr Chantal Dr Luke
27 Dr Hart Dr Luke	28 Dr Tara Dr Luke	29 Dr Tara Dr Luke	30 Dr Tara Dr Hart		
December					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dec Dr Tara Dr Tracy - AM Dr Luke	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	9 Dr Tara Dr Chantal Dr Luke
11 Dr Hart Dr Luke	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	19 Dr Tara Dr Luke	20 Dr Tara Dr Luke	21 Dr Tara - AM	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

Want an appointment?

Phone: 07 46391060

or email: healthy@kennedychiro.com

We're on the Web! www.kennedychiro.com

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