

Christmas is coming - Mind your posture

Whilst wrapping your presents and writing your Christmas cards this year you may want to consider that your posture is like and the length of time you spend sitting in one position as this is often not the ideal. Think about what your practitioner would think if they saw you hunched over the floor or dining table for 4 hours straight, not shifting and standing up. After just 30 minutes of sitting the research shows your postural muscles around your spine start switching off as your spine is designed for movement not for sitting.

Here are some things you could consider minimising the impact on your spine this festive season. Why not make sure you get up and move every 30 minutes and spread the writing of cards and the wrapping of presents over several evenings. Maybe consider that many shops do a free gift wrap service and take them up on their offer or try using gift bags rather than wrapping paper. There are some really nice gift bags out there in the shops, and using these can save tonnes of time, energy, and are spine saving! As a final tip to consider why not get your other half to share the load- you could both write half the cards each and wrap half the presents each.

Let's think before we do and save our necks and backs this Christmas.

Christmas opening Hours

24th December - Centre closes at 1.30pm for Christmas
25th December - 28th December - Closed for Christmas

29th & 30th December - Centre open as usual

31st December - Centre closes at 1.30pm for New Year
1st January - Centre Closed for New Year
2nd January - Open as usual



Latest news from the centre

New team members



Coral and Jessica who joined our team in November are settling in very well and are a great asset to supporting our growing team of practitioners

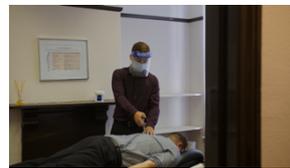
Children in Need

The team got into the spirit last month and donned their Pudsey ears to help support BBC Children in Need, even the Skeleton (Well.i.am) joined in Thank you to everybody who donated to this well deserving Charity



Osteomyologist

Our three Osteomyologists are settling into the centre well and already seeing lots of new and existing clients so much so we are looking for a fourth practitioner to join our team



Christmas toy appeal

A massive thank you to everyone who has so far donated to our Christmas toy appeal to help make Christmas that bit more special for underprivileged Children this year - there is still plenty of time to bring your toy donation in



VOUCHER

FAMILY REFERRAL VOUCHER

While you are enjoying the benefits of care within the centre, why not bring your family along for a check up and enjoy the benefits of true wellbeing care for the whole family.

This certificate will cover 50% of the cost of your their initial visits to the centre to see our Chiropractic or Osteomyology team. This includes: A Private Consultation, a full top-to-toe examination, including x-rays if necessary. It also covers a follow up visit in order to receive a full verbal report of the centre's findings.

This voucher has no cash value and cannot be exchanged for cash or used towards product purchases and can not be used in conjunction with any other promotions.

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