

ALCHEMY IN MOTION



MAY NEWSLETTER

TEAM NEWS

GOODBYE TIFF!

We are devastated to be saying goodbye to our beloved Tiff! Tiff is one of our beautiful physios but has been offered an amazing position at KX Pilates which she couldn't turn down. We wish Tiff all the best in the future and will miss her terribly.



KATE IS ON LEAVE

Kate is heading over for a well deserved break to enjoy the European Summer! Her last day treating will be Monday 12th June and she will be back in clinic on Monday 10th July. Kate's patients and classes will be covered by our physio team while she is away. We hope she has an amazing time and can't wait to welcome her back in July!



OCEAN COURSES

Ocean has been working hard behind the scenes preparing for a couple of upcoming courses about birth and the pelvic floor which she is running in Adelaide and Cairns. Her online Perineal Massage with Confidence Course has been hugely popular also and we are so proud of her! For more information - visit Pelvic Floor Mechanics.

NEW TEAM MEMBERS

We are thrilled to announce that we have THREE new clinicians joining the team over the next month! We will formally introduce you to them once we get closer but to give you a teaser we have a:

- NEW Pelvic floor physio
- NEW Myotherapist
- NEW Remedial Massage Therapist



EXTENDED HOURS @ NOOSA, GYMPIE & BUDERIM

Due to high demand and wanting to keep up with our clients' needs, we are so excited to announce that we are extending our hours across our three clinics! As of Monday 29th May the following hours will come into effect:

NOOSA:

Mon 7:00am-6:00pm
Tues 7:00am-6:00pm
Wed 7:00am-6:00pm
Thurs 7:00am-6:00pm
Fri 7:00am-6:00pm

GYMPIE:

Mon 8:00am - 12:00pm
Wed 8:00am - 4:00pm

BUDERIM:

Wed 8:00am - 4:00pm

ALCHEMY SERVICES @ NOOSA, BUDERIM & GYMPIE

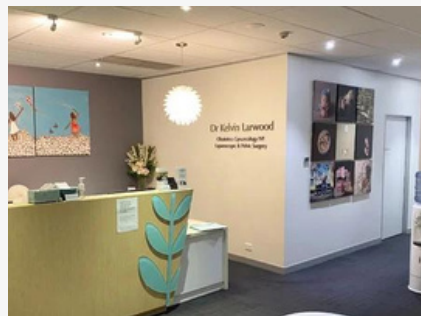
At our **NOOSA** clinic we provide:

- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Occupational Therapy
- Exercise & Rehab classes



At our **BUDERIM** clinic we provide:

- Pelvic, Women's and Men's Health Physio
- Musculoskeletal Physio



At our **GYMPIE** clinic we provide:

- Pelvic, Women's and Men's Health Physio
- Sports & Musculoskeletal Physio



UPCOMING NEWS - KEEP YOUR EYES PEELED!

Hydrotherapy classes

We have had a meeting with Noosa Council and are very excited as we're getting closer to rolling out an amazing initiative which will allow people to access physiotherapy-run hydro classes in community. These classes will be available through Noosa Council's Living Well Programme. We are also working on developing a tailored hydro programme for our Alchemy clients to be able to access. Stay tuned!



Yoga classes

In our meeting with Council we also discussed that we believe there is a gap in the market for those wanting to access a low level, safe and supportive way to move and particularly for those who can't get on or off the floor. We discussed some ideas we have on rolling out a standing / chair based yoga class which would also be available through Noosa Council's Living Well programme. We are so excited to bring you updates on this one! Stay tuned!



Baby CPR classes

We are thrilled to announce that Kelly - our incredible lactation consultant will be running baby CPR courses through CPR Kids Australia from our Noosa clinic! Stay tuned for more details and when the first class will be.



NEW SERVICES

MYOTHERAPY

We are thrilled to announce that we have found an amazing myotherapist to join our team as of June. We will keep you up to date with details and will introduce you to her once we're getting closer!

REMEDIAL MASSAGE THERAPY

We are equally thrilled to announce that we will be offering remedial massage services again! We have found an incredible therapist (formally a physio) who will bring extensive years of experience and expertise to the role.



BABY LED WEANING CLASSES

Kelly our Lactation Consultant runs baby led weaning classes every month and we are thrilled to see so many Mum's and families benefiting from her practical advice and expertise. Her classes cover:

- Learn how and when to introduce solid foods to your baby's diet.
- What gear you'll need
- Allergic reactions
- Identifying gagging vs. choking
- How to manage choking
- AND MORE!

For more information, or to book, visit [Milk Supply Noosa](#)



COMMUNITY ENGAGEMENT

We continue to be actively involved in the Noosa community through:

- Ageing Well classes @ Noosa Leisure Centre
- Pregnancy Aqua @ Noosa Springs
- Run club @ Trilogy



ALCHEMY CLASSES

We continue to offer our clients exercise classes in at our Noosa clinic including:

- **Physio Exercise Rehab**
 - Monday @ 8:00am
 - Tuesday @ 8:00am & 9:00am
 - Wednesday @ 9:00am & 2:00pm
 - Thursday @ 6:00am, 8:30am & 11:00am
 - Friday @ 8:30am
- **Physiotherapy Yoga**
 - Tuesday @ 12:00pm
- **Strength ABC (After Breast Cancer) - by appointment only**



ALCHEMY RESOURCES

We are continuously updating and adding to our Alchemy Resources on our website - Simply visit our website and click on RESOURCES for more information. Check out our latest content pieces:

- Cervicogenic Headaches
- Vaginal Heaviness & pressure in Pregnancy

RESOURCES



Factsheets

Clinical information on a range of common injuries and conditions.

[Read More](#)

Alchemy TV

How-to videos, clinical interviews with other professionals and Alchemy updates.

[Read More](#)

Alchemy VIP

Exclusive access to handouts, bonus information and support for Alchemy clients.

[Read More](#)