

ALCHEMY IN MOTION



SEPTEMBER NEWSLETTER

TEAM NEWS

NEW TEAM MEMBERS

We are thrilled to welcome Brigid and Mel to our Alchemy family!

BRIGID SANDELL

Brigid is an osteopath with a special interest in paediatrics, pre and postnatal care and musculoskeletal injuries. Brigid is practicing from our Noosa clinic every Monday and Friday. She has extensive experience working in a range of different settings and has worked very closely with specialists and allied health professionals for many years.



MELANIE AVERY

Mel is our brand-new practice manager! We are so excited for Mel to be joining our Alchemy family! Mel has significant experience in leadership, management and director roles across a wide variety of sectors, most recently in early childhood education. Mel brings with her a wide range of skills, life experience and a very good sense of humour! We are so excited for you to meet Mel and for her to help us grow and continue to deliver amazing, inclusive health care to the community.



ZOE IS ON LEAVE

Zoe is having a well-deserved break in Japan, enjoying some amazing hikes and gorgeous scenery. Zoe will be back in clinic towards the end of September, and we will be welcoming her with open arms!

INCREASED MYOTHERAPY HOURS

We are thrilled to see how busy Steph's list is! We are so excited to have her as part of the Alchemy family and are thrilled to see how quickly her clientele is continuing to grow. Steph has increased her hours at Alchemy and will be in clinic four days per week, Monday to Thursday.



PHYSIOTHERAPY YOGA

We are thrilled to see Olya's physio yoga building in popularity. The classes include a combination of floor-based sitting and standing postures to move and nourish every joint and muscle in the body, improve flexibility, posture and body awareness, de-stress the nervous system and link together mind body and breath for optimal wellness.

EXTENDED HOURS @ NOOSA, GYMPIE & BUDERIM

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 - 4:00pm
Wed 8:00am - 4:00pm
Thurs 8:00am - 4:00pm
Fri: 7:00am - 11:00am

BUDERIM:

Alternate Thurs 8:00 - 4:00pm

ALCHEMY SERVICES @ NOOSA, GYMPIE & BUDERIM

At our **NOOSA** clinic we provide:

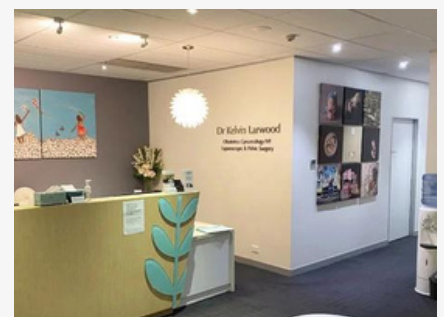
- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Occupational Therapy
- Exercise & Rehab classes
- Myotherapy
- Osteopathy
- Reformer rehab services
- Physio yoga

At our **GYMPIE** clinic we provide:

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

At our **BUDERIM** clinic we provide:

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



NEW SERVICES

OSTEOPATHY

We are thrilled to be offering our clients and the community an extensive osteopathy service. Osteopaths assess and treat musculoskeletal and nervous system conditions through a variety of methods including manual therapy, clinical exercise programs, and advice on movement, posture, and ergonomics. Simply, osteo can fall between physio and chiro on a spectrum. Osteo treatment is beneficial for the following conditions and concerns:

- Low back pain
- Neck pain
- Headaches
- Shoulder and hip pain
- TMJ and jaw pain

PHYSIOTHERAPY REFORMER SERVICES

We are so excited to have released our exclusive range of highly tailored physiotherapist led reformer rehab classes and services. We are offering our clients and the community a wide range of services that are 100% tailored to their concerns, goals and needs. You can claim a rebate on reformer classes with us, using your private health insurance.

We are offering:

- Reformer rehab - Ultimately a reformer pilates class, delivered by one of our musculoskeletal physiotherapists.
- Strength reformer rehab - A fusion of functional strength training and reformer Pilates exercises.
- Pregnancy reformer and strength- A combination of strength, stability and reformer Pilates exercises. All exercises are pelvic floor safe and individualised to you, depending on your stage of pregnancy and your goals.
- Postnatal reformer and strength- Specifically designed for new mums to safely return to exercise after giving birth. A combination of reformer, mat work and free weights are used, to restore your strength, function and confidence.
- Pelvic floor foundations- Specifically designed to empower women who are experiencing urinary incontinence at any lifestage. The class involves tailored pelvic floor muscle training, reformer, mat work and free weights.



UPCOMING NEWS - KEEP YOUR EYES PEELED!

HONEYBEE WELLNESS RETREAT

We are thrilled to be partnering with Wellness Australia Group to provide physiotherapy and allied health services to the gorgeous residents at Honeybee and adjoining facilities. This is a work in progress and we are so excited to bring you developments as they come to hand.



HOLISTIC HEALTH CARE

We are very excited to be working on a new service offering which will provide holistic health care options for clients who are seeking an alternative approach to health care. This new service offering will specifically accommodate for clients with a sensitive nervous system to allow them to manage their concerns in a gentle, holistic and sensitive way.



PELVIC PAIN WORKSHOP COLLABORATION WITH BAYER FOR GP'S AND SPECIALISTS

We are thrilled to be partnering with Bayer and other allied health practitioners around the coast to present a pelvic pain workshop for GPs and specialists at the end of September. We are thrilled to be involved in this event as we love making connections with other like-minded professionals in the community and we love being part of an enriching learning environment for not only allied health but medical practitioners as well.

ALCHEMY COURSES AND TRAINING

BABY CPR CLASSES

We are so excited to be partnering with CPR kids to bring baby and child CPR classes to Noosa! We are also so proud of our ever-talented Kelly (our lactation consultant), who will be running the classes from Alchemy. Our first baby CPR course is on Saturday 24th June. Bookings can be made via CPR kids.

In these courses, the following topics are covered;

- Baby and child CPR
- Choking
- Drowning
- Fevers
- Seizures
- Burns & poison management
- Head injuries and more.



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:

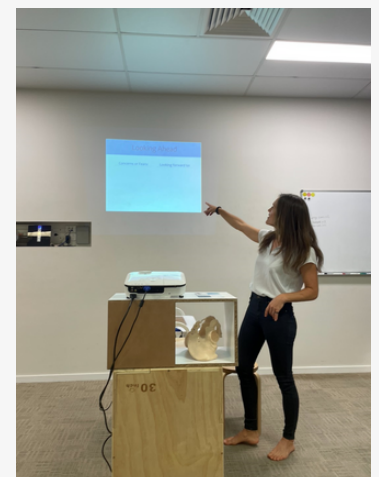
- Learn how and when to introduce solid foods to your baby's diet.
- What gear you'll need
- Allergic reactions
- Identifying gagging vs. choking
- How to manage choking
- AND MORE!

For more information, or to book, visit Milk Supply Noosa



PREP FOR BIRTH CLASSES

Ocean, one of our women's and pelvic health physiotherapists, will be running a prep for birth class towards the end of June. For more information or to book, please visit her website - pelvic floor mechanics



COMMUNITY ENGAGEMENT

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

- Ageing Well classes @ Noosa Leisure Centre- every Wednesday morning
- Pregnancy Aqua @ Noosa Springs- every Thursday morning

For more information or to book, please call our friendly admin team on (07) 5474 9093



ALCHEMY CLASSES

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

- **Physio Reformer Rehab Services**
 - Reformer rehab
 - Strength reformer rehab
 - Pregnancy reformer and strength
 - Postnatal reformer and strength
 - Pelvic floor foundations
- **Physiotherapy Yoga**
 - Tuesday @ 12:00pm
- **Strength ABC (After Breast Cancer) - by appointment only**

