

ALCHEMY IN MOTION JUNE NEWSLETTER

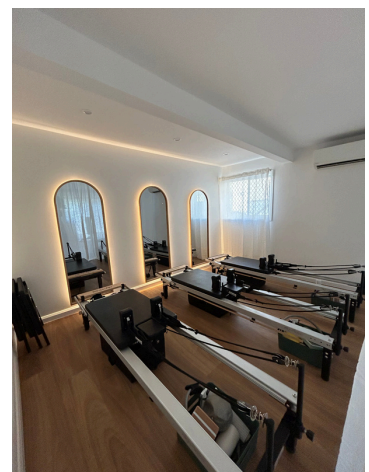


OUR NEW SPACE

35 MARY ST, NOOSAVILLE

Back in February we moved into our brand new clinic and we are loving settling into this new space! We are still enjoying seeing our clients' reaction as they walk through the door for the first time!

We are also thrilled to announce that our old space on Lanyana Way has been successfully leased and we hope the incoming tenants enjoy the space as much as we did for 9 years!



NEW TEAM MEMBERS

JASMINE MASTERS - RECEPTIONIST & MASSAGE THERAPIST

Jasmine has joined our Gympie team as a receptionist AND a massage therapist! Jasmine is currently finishing her Remedial Massage diploma however is offering incredible relaxation massages every Monday. We are thrilled to see the Gympie service offering expand and we love welcoming a new face through the door!



SALLY EDWARDS

Sally joined our Gympie team back in March and is an experienced counsellor with a special interest in:

- Anxiety and depression
- Women's health (birth trauma, postnatal depression and perinatal anxiety)
- Relationships (including domestic violence)
- Neurodivergence
- Behavioural support

As a Secret Agent Society (SAS) facilitator, Sally also empowers children and teens to develop strong social and emotional skills.

Taking a holistic family-centred approach she works collaboratively within a multidisciplinary team to create meaningful lasting change.



INCOMING TEAM MEMBERS:

We are SO excited to further be expanding both our Gympie and Noosa teams. Over the next two months we will be welcoming:

- New receptionist (Gympie & Noosa)
- New dietitian (Noosa)
- New chiropractor (Noosa)

OTHER TEAM NEWS:

- Rebecca Evans is currently on MAT leave - she welcomed a beautiful baby girl into the world back in April.
- Olya Antonio headed off on MAT leave at the start of May. We can't wait to see Olya with her bundle of joy soon!
- Tarryn Lawrence is heading over to Adelaide for a 3 year stint but she has promised us she will be back! Tarryn will be finishing up with us mid June.
- Laura will be increasing her days with us as of July. She will be in clinic Monday - Thursday. We can't wait to see her in clinic more and see her incredible service growing!

NEW SERVICES

DIETETICS

We are so excited to introduce you to our dietitian joining the team in June! She has over 13 years of experience across a range of settings.

Her clinical expertise spans a wide range of clinical conditions including:

- Cardiac health and metabolic disorders
- Oncology nutrition
- Kidney disease and renal nutrition
- Diabetes management including Gestational Diabetes (GDM)
- Gastrointestinal disorders and gut health
- Weight management and metabolic optimisation
- Geriatrics and ageing well
- Rehabilitation and reconditioning
- Intensive care and nutrition support

She has a special interest in preconception, pregnancy, and postpartum nutrition, holding post graduate certification in fertility and prenatal dietetics.

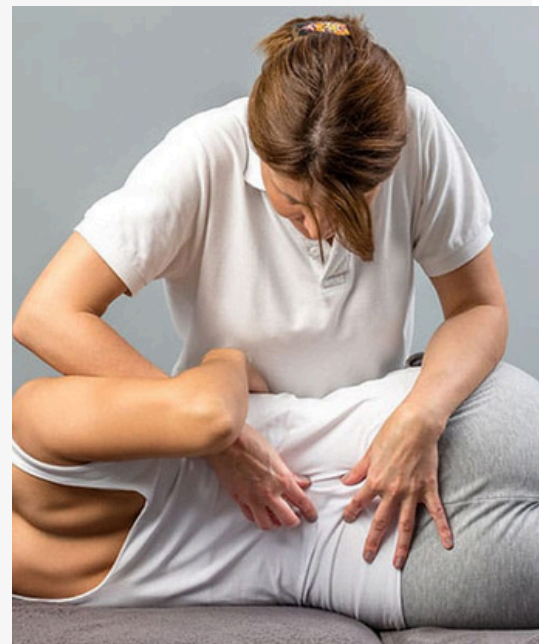
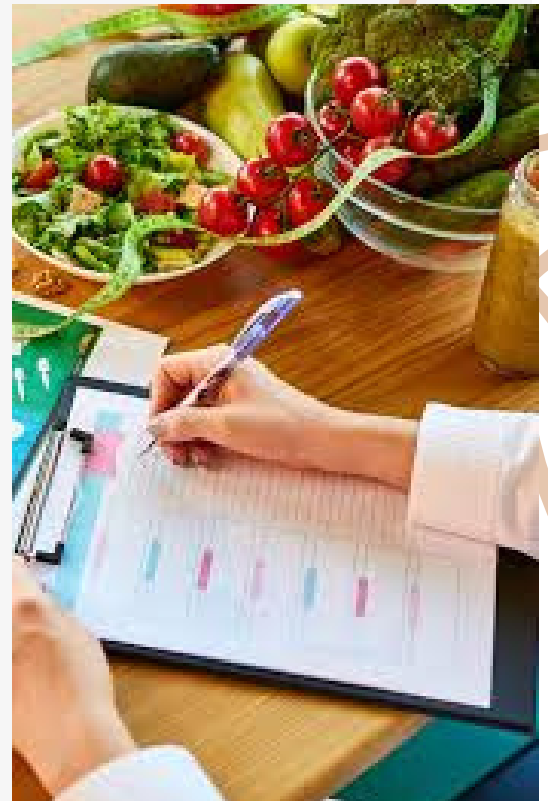
Our dietetics list will be open towards the **end of June** so keep an eye out on social media for updates!

CHIROPRACTIC

We are thrilled to be opening a **BRAND NEW** chiropractic service as of **Monday 9th June!**

In order to deliver on our vision of providing our clients and the community a 'one stop shop' of exceptional services and allied health care options we wanted to look further than we have before. We are SO excited to introduce you to our brand new chiropractor who brings with her over a decade of experience.

Stay tuned for more updates!



NEW SERVICES

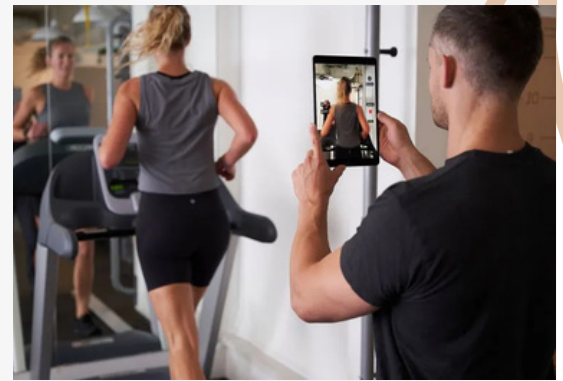
RUN LAB

Unlock Your Running Potential!

Are you experiencing pain while running? Want to improve your efficiency and prevent injuries? Our brand new RUN LAB service is designed to help runners of all levels move better, feel stronger, and stay injury-free.

What's Included?

- **Run Lab assessment - By appointment only**
 - ** This assessment is required prior to attending any Run Lab classes or Run Lab 1:1 sessions. **
 - What's Included:
 - Running specific assessment and measurements
 - Gait Analysis - Physiotherapy assessment of your running style using state of the art technology to identify inefficiencies and weakness
 - Your physio will then formulate and prescribe an individualised rehab or running plan for you targeted towards enhancing your performance
 - Private Health Insurance rebates available
- **Run Lab class - check with admin re: day / time**
 - A physio will take you through your individualised running program including:
 - Load Management Strategies - Learn how to optimise training volume and intensity.
 - Personalised Running Plan - Tailored advice to enhance your endurance and speed.
 - Strength & Mobility Drills - Improve stability, flexibility, and resilience against injuries.
 - Max 4 participants
 - Class Duration: 40 minutes
 - Private Health Insurance rebates available
 - ** A Running Lab Assessment is required prior to attending this class.
- **Run Lab 1:1 sessions - By appointment only**
 - Your physio will provide manual therapy (massage, releases etc) in room then will take you down to the gym to run you through your individualised program.
 - ** A Running Lab Assessment is required prior to booking a 1:1 session
 - Private Health Insurance rebates available
- **FREE Social Run Club - Thursday 5:30pm**
 - @ Boathouse Gympie Terrace
 - 2km and 5km options
 - FREE to join
 - Includes physiotherapy led warm and and cool down strategies



NEW CLASSES

PREGNANCY PILATES - check with admin re: day / time

Support your body and connect with other mums-to-be as you move through your pregnancy. Led by a women's health physiotherapist, our pregnancy reformer classes provide a gentle yet effective way to build strength and stay active throughout pregnancy.

- When to start: Many women can begin exercising safely in their first trimester and continue until their baby arrives.
- This class is exclusively a reformer Pilates class.
- Max 3 participants
- Class duration: 40 minutes
- Private Health Insurance rebates available
- ** A Women's Health Physiotherapy Reformer Assessment is required prior to attending these reformer classes.

MUMS & BUBS REFORMER - Tuesday 11:00am + Thursday 10:00am

Restore strength and confidence with your little one by your side. Our postnatal reformer classes offer a gentle and supportive space to help you ease back into movement and reconnect with your body. Led by a women's health physiotherapist, each session is tailored to your individual needs and goals.

- When to start: Typically, once you receive your doctor's clearance at six weeks and feel prepared, you are welcome to begin.
- This class is exclusively a reformer Pilates class.
- Babies are welcome and if crawling, will need to be contained for safety. Unfortunately, babies that are walking are unable to attend.
- Max 3 participants
- Class duration: 40 minutes
- Private Health Insurance rebates available
- ** A Women's Health Physiotherapy Reformer Assessment is required prior to attending these reformer classes.

WOMEN'S HEALTH PHYSIOTHERAPY REFORMER ASSESSMENT - By Appointment only

As our reformer classes are 100% tailored to YOU, your delivery, stage of recovery or pregnancy and your goals it is a requirement that all clients have a one on one pelvic floor physiotherapy reformer assessment prior to commencing our pregnancy or postnatal classes. In the assessment we will determine:

- Your goals, injuries, preferences and concerns
- Discuss your delivery and stage of recovery or pregnancy and any precautions or concerns that your doctor may have flagged or raised
- If you would benefit from one on one pilates sessions or if classes would be more suitable
- If you are a new patient to the clinic, your assessment will include a women's health assessment which may involve checking your pelvic floor function

In addition to a reformer assessment, your physio will get you onto the reformer and will commence your individualised programme then and there. The purpose of this is to make sure that you are comfortable and confident as well as allow you time, one on one with your physio to talk through any concerns or have your questions answered before you start your first class.

NEW CLASSES

BODY RESILIENCE - Tuesday 7:45am

Are you a woman between the ages of 45 and 65 and are keen to exercise for your health, but find it difficult to progress without injury? Do you have pelvic symptoms such as prolapse or bladder leakage and want to exercise safely? Do you want to protect bone density and improve tendon health for later life? Do you generally want to feel better and move better? If one or more of these are true for you, this is a class for you!

As women move into peri- and post-menopause, bone density and tendon health can take a hit. We can be more prone to injury and it can be much harder to maintain strength and bone density. Abdominal weight can be difficult to lose. Prolapse and bladder symptoms are more common.

This class is designed with all of this in mind. We aim to build body resilience and get you feeling better in your body.

This is a circuit style class, incorporating resistance training, impact exercise, and aerobic exercise, as well as using the Reformer Pilates machines. This class is run by a women's health physiotherapist and exercises can be modified for injury. This class offers everything that is required to live well and move well; to build body resilience and have you feeling great!

Max 4 participants

Class Duration: 40 minutes

Private Health Insurance Rebates Available

RUN LAB CLASS - Wednesday 7:30am

- A physio will take you through your individualised running program including:
 - Load Management Strategies – Learn how to optimise training volume and intensity.
 - Personalised Running Plan – Tailored advice to enhance your endurance and speed.
 - Strength & Mobility Drills – Improve stability, flexibility, and resilience against injuries.
- Max 4 participants
- Class Duration: 40 minutes
- Private Health Insurance rebates available
- ** A Running Lab Assessment is required prior to attending this class.



ONGOING CLASSES

REFORMER

This class is exclusively a reformer Pilates class.

These classes are run by our musculoskeletal physiotherapists

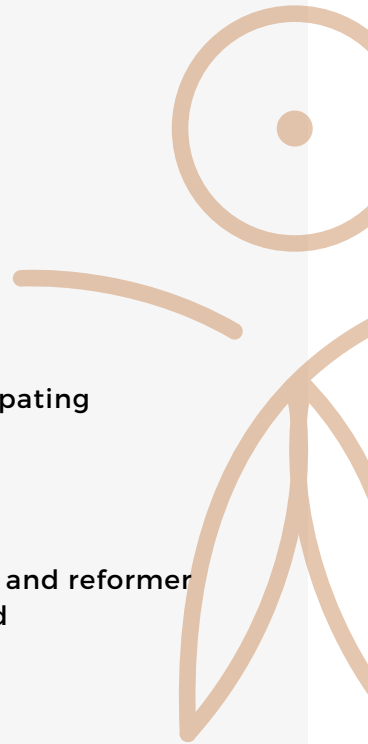
- Max 3 participants
- Class duration: 40 minutes
- One on one physiotherapy reformer assessment required prior to participating
- Private health insurance rebates available

STRENGTH REFORMER

This class is a fusion of functional strength training, proprioceptive training and reformer Pilates exercises. This class utilises our reformers and all of our strength and conditioning equipment.

These classes are run by our musculoskeletal physiotherapists

- Max 4 participants
- Class duration: 40 minutes
- **One on one physiotherapy reformer assessment required prior to participating
- Private health insurance rebates available



NEW COMMUNITY PROGRAMMES

STRONG FOUNDATIONS - NOOSA COUNCIL

We are thrilled to have partnered with Noosa Council to be delivering the Strong Foundations program - A FREE initiative for Mums within the Noosa Shire.

The Strong Foundations program is targeted towards Mums to support and guide them in returning to exercise safely.

Run by one of our pelvic health physiotherapists, this program includes:

- A FREE initial pelvic floor and postnatal assessment
- 4 weeks of FREE exercise classes which involve targeted rehab for the postnatal stage that you are at. Classes will also involve a different education topic each week covering important information and considerations for you, your body and how to recover optimally.
- Participants of this program receive an exclusive discount for in-clinic postnatal physiotherapy services if required

The interest that we had in this program was overwhelming and we were so thrilled to see how many Mums wanted to be involved, have their postnatal assessment and get active again! Unfortunately, there were a number of Mums who missed out as spots were very limited. For these Mums we would like to offer a **discount on an Initial Pelvic Floor Assessment - \$145 (usually \$185)** - Private Health rebates available.

MUM'S CONNECT - TUESDAY 24TH JUNE

We are so looking forward to being involved in the next Mum's Connect group which will be at the Sunshine Beach SLSC **on Tuesday 24th June from 11:00am - 1:00pm**. One of our Pelvic Floor physios will be heading along to have a chat with local Mums about health related concerns that are commonly faced in the postnatal stage. We love being invited to these incredible Council led programmes that create such supportive networks for Mums and women in the community.

LYMPHOEDEMA SERVICES - NOOSA HOSPITAL

We are thrilled to be involved in an incredible program for patients currently undergoing cancer treatment and who are flagged as having, or being at risk of having lymphoedema.

As part of this program, patients who are treated at Noosa Hospital for their oncology treatment and are flagged for lymphoedema, will see our lymphoedema occupational therapist for three FREE individualised appointments. To have our local hospital and stakeholders involved in funding such an incredible program is wonderful as it reduces barriers for patients being able to access such high quality therapeutic services in what is an incredibly difficult and stressful time of their lives.

We are so incredibly grateful to have been considered for and chosen to provide these services in order to support the Noosa community and surrounds.



COMMUNITY ENGAGEMENT



We continue to provide Pregnancy Aqua @ Noosa Springs- every Thursday morning

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

UPDATED OPENING HOURS

NOOSA

Monday	7:00am - 5:00pm
Tuesday	7:00am - 5:00pm
Wednesday	7:00am - 5:00pm
Thursday	7:00am - 5:00pm
Friday	7:00am - 5:00pm
Sunday	8:00am - 4:00pm

GYMPIE

Monday	7:00am - 3:00pm
Tuesday	8:00am - 4:00pm
Wednesday	7:00am - 5:00pm
Thursday	7:00am - 4:00pm
Friday	8:00am - 4:00pm

ALCHEMY SERVICES

NOOSA

- Women's & Men's Pelvic Health Physio
- Sports & Musculoskeletal Physio
- Paediatric Physio
- Respiratory Physio
- Occupational Therapy
- Myotherapy & Remedial Massage
- Reformer classes
- Rehab & performance services
- Fascial Stretch Therapy
- Bowen Therapy
- Facials
- Relaxation Massage
- **Nutrition and Dietetics - end JUNE**
- **Chiropractic - 9th JUNE**

GYMPIE

- Women's and Men's Pelvic Health Physio
- Sports & Musculoskeletal Physio
- **Myotherapy**
- **Counselling**
- **Relaxation Massage**

NOOSA SPECIALS

BUY AND SAVE

Buy 3 = Get 1 ½ price

Buy 5 = Get 1 FREE

Offer redeemable on:

- Remedial Massage
- Relaxation Massage
- Fascial Stretch Therapy
- Bowen Therapy

FACIAL LOYALTY OFFER

We are so excited to now offer loyalty cards for our incredible organic facials:

- After 3 facials, get your 4th ½ price
- After 6 facials, receive a FREE Balancing Facial

GOOGLE REVIEW OFFER

Write us a Google review describing your experience and go into the draw to win a FREE Balancing Facial or Essential Relaxation Massage.

FRIEND REFERRAL OFFER

To say a big thank you for referring a friend or family member, we would like to offer you \$35 to put towards either a facial or relaxation massage of your choice. Make sure that your loved one mentions your name at the time of booking their appointment so that we know who to thank!

GYMPIE SPECIALS

BUY AND SAVE

Buy 3 = Get 1 ½ price

Buy 5 = Get 1 FREE

Offer redeemable on:

- Relaxation Massage
- Myotherapy

GOOGLE REVIEW OFFER

Write us a Google review describing your experience and go into the draw to win a FREE 45 minute relaxation massage!

FRIEND REFERRAL OFFER

To say a big thank you for referring a friend or family member, we would like to offer you \$25 to put towards a relaxation massage.

** Make sure that your loved one mentions your name at the time of booking their appointment so that we know who to thank!