

ALCHEMY IN MOTION



AUTUMN NEWSLETTER

ALCHEMY EXPANSION TO BUDERIM

We are thrilled to have expanded our pelvic health physiotherapy services down at Buderim. We now have both Alice and Zoe who consult from the Nucleus Medical Suites at Buderim Private Hospital on a weekly basis.



NEW CLASSES @ ALCHEMY

We're offering two new classes:

1. Physio rehab classes tailored to patients' specific injury / rehab protocols and goals
2. Pregnancy / Postnatal and General Pilates classes



ALCHEMY REBRANDING

We've had a little facelift and rebranded our business. We're in the process currently of updating all our signage, social media and communication platforms in addition to stationary and letterhead.



ALCHEMY & COMMUNITY

We are thrilled to be a part of various community initiatives, programmes and clubs aimed at getting our community fit, health and active!

- Ageing Well classes @ Noosa & Peregian (Noosa Council)
- Pregnancy Hydrotherapy @ Tewantin Primary Pool (Noosa Council)
- Alchemy-Trilogy Run Club
- Noosa Men's Shed
- Noosa Tigers AFL Club



ALCHEMY RESOURCES

We have further developed and updated our website with some excellent resources available for patients and professionals to use.

We have also opened our Alchemy VIP section on our website whereby current Alchemy clients are granted a password and can access unlimited handouts, how-to videos and useful forms to support them during their rehab.

Visit our website for more information.



ALCHEMY ANNIVERSARIES

We would like to acknowledge the work anniversaries for our wonderful Ocean (2 years), Laura (2 years) and Hollie (5 years).

We are so proud of what we provide patients and the community and the success of Alchemy is thanks to the exceptional, like-minded professionals who we have in our team. We make it a priority to work together, bounce ideas off each other and cross refer when required to ensure that our clients are getting the best outcomes and achieve what they set out to in a timely manner.



ALCHEMY SERVICES

Alongside our partners, we proudly provide the following services for our clients:

- Sports & musculoskeletal physiotherapy
- Women's, men's and pelvic health physiotherapy
- Exercises classes - physio rehab & pilates
- Remedial Massage Therapy
- Occupational Therapy
- Movement Coaching & Personal Training
- Obstetrics, Gynaecology & Fertility
- Sports & Exercise Medicine
- Cannabis & Lifestyle medicine