

ALCHEMY IN MOTION



WINTER NEWSLETTER

NEW TEAM MEMBER

We are thrilled to welcome the gorgeous Jo McDowell to our physio team at Alchemy. Jo has just returned from Mat leave and treats all sports & musculoskeletal injuries. She also has a passion for Pilates and women's health.



EXTENDED HOURS

We have extended our hours for the following services / clinicians:

Kim (Remedial Massage): Mon, Tues, Thurs, Fri

Zoe (Physio - Women's / Men's Pelvic Health): Tues, Wed, Thurs

Alice (Women's Health Physio): Mon, Tues, Wed

CLASSES @ ALCHEMY

We offer our clients the following classes in conjunction with our clinical services:

1. Physio rehab classes tailored to patients' specific injury / rehab protocols and goals
2. Strength ABC (After Breast Cancer) Programme



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 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 amazing Zoe and her **SECOND** anniversary working with us. Zoe is a rock in our team - she is always there for everyone, encouraging and providing support wherever she can. She is also an extraordinary clinician and her clients adore her (almost as much as we do!) Happy Anniversary Zo - Here's to the next two!

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 & Strength ABC Programme
- Remedial Massage Therapy
- Occupational Therapy
- Movement Coaching & Personal Training
- Obstetrics, Gynaecology & Fertility
- Sports & Exercise Medicine
- Cannabis & Lifestyle medicine