

# NEWSLETTER

ISSUE 13 January 2010



Advanced Health Chiropractic  
*'Your Health in Our Hands'*

INTRO



## Happy New Year!

WE HOPE YOU ALL HAD A VERY MERRY CHRISTMAS, enjoyed your New Year celebrations and are feeling ready to take on 2010! Make sure you check out the New Years Offer and our new Wellness Programme at the clinic- the best way to stay fit and active in 2010.



## Wellness Programme



HERE AT ADVANCED HEALTH, WE REALLY DO CARE FOR YOUR HEALTH. All patients can now take advantage of the clinic's new Wellness Programme. This is a free service that we offer all our patients and their friends and family. Within the clinic we will be running three Wellness talks, every month, covering the topics Eat Well, Move Well and Think Well. What better way to start 2010 than learning how to live a healthy, active and positive life! (And all for free!!) For the dates of the talks please see the notice board in reception or call 01423 562251 to find out more!

So, instead of starting the New Year with a resolution that you won't keep, come along to our free wellness talks where we make being healthy easy, gradual, and comfortable... "Your Health in Our Hands".

# Saint Michaels Hospice

IN NOVEMBER, JASON COMPLETED THE FRENCH RIVIERA MARATHON DES ALPES- MARTIMES. He successfully completed the course in 3 hours and 41 minutes! Huge congratulations to Jason! Many thanks to all those who supported him and made donations. The winner of the sweepstake was Sandra Newborn! In 2009, a total of £613.86 was raised from staff running half marathons and marathons. Thank you for all your support!



# New Years Offer!

IN YOUR CHRISTMAS CARD THIS YEAR, YOU WILL HAVE RECEIVED NOT ONLY A £5 DISCOUNT VOUCHER, but also an offer you cannot refuse! .... If you refer a friend to the clinic, both yourself and your friend will receive a FREE TREATMENT! (Offer ends 28/02/10). All you need to do is fill out the red voucher in your Christmas card and give to your friend. Everyone can benefit from Chiropractic care!



# Advanced Health's Christmas Party!

ADVANCED HEALTH'S 'CHRISTMAS DO' WAS ON THE 11TH DECEMBER. All had a good night, here are a few pictures for you all to have a giggle at!

