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Issue 1 - October 2015

PHOENIX PLACE FOR HEALTH
Restore Renew Revitalize

Newsletter



Wendy Wright

Welcome to the first edition of the Phoenix Place for Health Newsletter!

It's hard to believe that we have been open for more than a month now! It has been an exciting time for us all as we settle into our beautiful new surroundings. Since the first of September we have seen many familiar faces and new visitors alike to our clinic. I would like to thank everyone for their support and positive feedback.

GRAND OPENING

You are cordially invited to our Grand Opening event on 31st October:

We are pleased to announce that **Sadie Nine of BBC Essex** has kindly agreed to officially open our clinic. She will be cutting the ribbon at 10am. Please join us for drinks & nibbles, a free prize draw and a **discount offer of 10%** on future treatments* on production of this newsletter or phone picture.

*includes osteopathy, sport massage, acupuncture, chiropody, nutritional therapy & Alexander Technique only.



Here are the services offered at Phoenix Place for Health:

- Osteopathy - Wendy Wright and Robin Winiberg
- Sport and Remedial Massage - Natalie Whipps and Christine Drew
- Clinical Hypnotherapy, Counselling, Sports Psychology - Christine Drew
- Acupuncture - Maria McManus
- Alexander Technique - Tricia Kelly
- Nutritional Therapy - Angela Attwood
- Chiropody - Nick Hazael
- Natural Aesthetics (Botox, fillers & skin rejuvenation) - Jeannie Green and Rachel Thompson

Our aim is to bring the best practitioners under one roof, to treat you from head to toe, mind body & spirit. All of our highly qualified team members are vastly experienced in their respective therapies, combining their skills to provide you with the gold standard in complementary healthcare.

TOP TIP

R.I.C.E. Rest, Ice, Compression and Elevation - the way to treat a minor injury. If you suffer a sprain, strain or other minor injury following activity, reach for an ice pack (frozen peas work well) wrapped in T-towel, and place over the area for 10 minutes. The cold is very effective at reducing inflammation and swelling but also reduces muscle spasm and pain. Always seek advice from a qualified therapist or from your GP as soon as possible.

George's Joke of the Month:

Why didn't the skeleton go to see the scary movie?

Answer:

Because he didn't have the guts!!!

Airtime:

Our Christine Drew (Chrissy) completed a hair-raising wingwalk for Parkinson's UK and raised a whopping £2,300. Well done to Chrissy on such an incredible achievement who had to postpone it from April due to having had shoulder surgery!



Macmillan Coffee Morning

A huge thank you to all those who attended our Macmillan coffee morning on 25th September and kindly donated to such a worthwhile cause. With your help we raised an astounding £500!



Phoenix Place For Health is located at:

Unit 1C, SVT Building, Benbridge Industrial Estate, Holloway Road, Heybridge, Essex CM9 4ER