

## Latest Newsletter – December 2014

### News Flash - Website Overhaul

We are pleased to announce [The Chiropractic Health Centre website](http://www.cchiro.co.nz) has had a massive overhaul – and would love you to go and have a look at our refreshed and updated information. You can now request appointment times and see where and when we are open!! And feel free to leave a comment on your care on our patient page! And if you know someone that would benefit from chiropractic care they can now receive a [free report](#) from the website which will assist they are unsure about care and how it will help.

We will be enhancing the website with online booking in the future so your feedback is important to keeping this content informative and relevant. The website address is [www.cchiro.co.nz](http://www.cchiro.co.nz) or you can [click here](#). Also completely refreshed are our [Facebook](#) (we would love for you to like and follow us), [Twitter](#) and [LinkedIn](#) pages.

### Festive Season Stress

With the festive season here life has become stressful and we are here to help....stress is one of the causes of our spine not functioning –

we all hold stress in different ways and the impact on your spine results in reduced function to different organs and systems of your body, as well as changes in muscular tension, reduced flexibility, balance, muscle strength, concentration and coordination.

Come and get checked out during December so that you are at your “peak performance” for the festive season.



*‘LOOK WELL TO THE SPINE FOR THE CAUSE OF DISEASE’ Hippocrates*

### **Our Hours Over The Festive Break**

We will be closing both the Masterton and Greytown practices between the 25<sup>th</sup> of December and 4<sup>th</sup> of January to give our staff a well-deserved break! However should you require urgent care during this time please do not hesitate to call 027 6047 071 and leave a message and we will call you back with a time for our emergency clinics.

### **Newsletter Subscriber Specials!**

At a loss for a present for the person who has everything – why not get them a great pillow – we stock the DENTON's range of pillows designed by orthopaedic surgeons to give you the best support – mention this newsletter and **get a further \$5 off** the already discounted RRP price on DENTON'S PILLOWS!!

**Another special for the month** are the SANDERSON CHILDRENS ZOO MULTI-VITAMINS RRP \$24.95 now \$20.00

Both offers are valid until the 24<sup>th</sup> of December 2014