

## c4 [www.c4w.com.au](http://www.c4w.com.au)

Our Safety Pin Cycle theme in last month's newsletter certainly generated a lot of interest! Now you have a great way of explaining to others how chiropractic works. Thank you to all our contributors to the noticeboard in reception.

August is the last month of winter! You may be finding yourself spending more time indoors, perhaps working from home on the computer.

The team decided that it would be a great time to remind everyone about our website. We are looking forward to an inbox filled with emails from you with any suggestions, improvements or comments you have about [www.c4w.com.au](http://www.c4w.com.au).

**If you are a new client and happen to find the safety pin that matches the one on the next page on our website, you will be entitled to \*50% off your initial and second visit at our office just by emailing us your name, contact number and the location of the safety pin on the website. We will call you to make your appointment at a time that best suits you.**

**Good Luck!**

the team from c4w

\*offer valid until 1st September, 2006

### thought for august...

.. "Information is not knowledge"

*Albert Einstein*

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According to Albert Einstein; "Information is not knowledge". However, in order to have knowledge information must come into play at some point along the line.

Knowledge literally means "*the state or fact of knowing*" or "*familiarity, awareness, or understanding gained through experience or study*".

This highlights the reason behind our website - to expose our clients and others to information about how everyone can benefit from chiropractic, how it works and how it improves your health and wellbeing.

### did you know ...

- That our website is user friendly and easy to navigate?
- Our website has background information about Dr Helen Alevaki, Dr Vikkie Stamatis, the Chiropractic Assistants, the Counsellors, the Life Coach and the Kinesiologist – including photos!
- Our website gives people an overview about chiropractic, a subluxation and the 'GAP' principle.
- Our website has a list of frequently asked questions that can clarify any thoughts that new and current clients may have about chiropractic.
- You can access all the paperwork for your initial consultation, progressive exam and comparative exam to save time filling paperwork out at the office.

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- You are able to access information about the other services we offer.
- Our website has information about our chiropractic offers to both corporate and private sectors.
- We are available for community screenings at local maternal health centres, sporting groups and other community groups.
- All the monthly newsletters are available to download from our website, including the most recent ones.
- Our website includes our Gratitude Rewards Program brochure which can be downloaded or viewed online.
- If you ever lose our contact details they are available on our website.
- You are able to email us via our website to confirm, reschedule or make an appointment time for you, a family member or a friend.

If you would like more information on any of these areas, log onto our website now...

We hope that our website helps to provide you with knowledge about chiropractic that you can share with family, friends and loved ones . We would appreciate any feedback you have that will help us to continually improve our website.

We are always looking to volunteer our time with the local community and offer complimentary spinal checks. We often visit workplaces and educate staff about workplace ergonomics.

Increase your productivity by having us visit you at the office to check your staff regularly. If you wish to know more about this service please email us.

**The possibilities are endless!**

## clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

**Thank you to:**  
**Tess Reich**  
**Hilary Hall**  
**Mark Daniels**

## above - down - inside - out above

Above is about life force. The power that made the body heals and coordinates function and life potential.

### down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

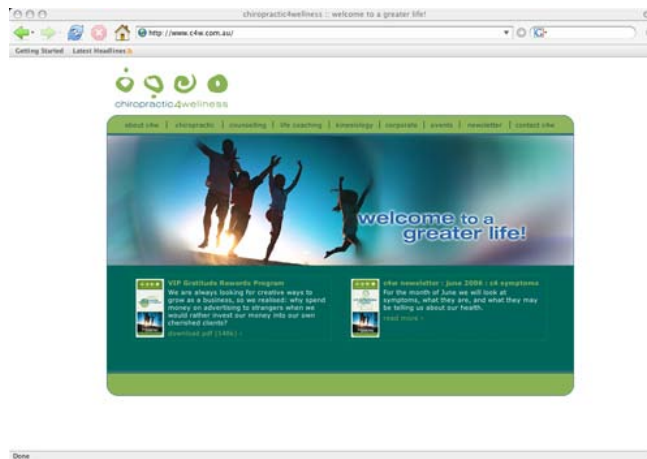
### inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

### out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

we're just one click  
away...  
[www.c4w.com.au](http://www.c4w.com.au)



## events

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

**Book Now**  
**Monday 7th August**  
**Tuesday 29th August**

356 Rathdowne Street  
North Carlton Victoria 3054  
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**c4website**  
**[www.c4w.com.au](http://www.c4w.com.au)**

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