

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:

Koe Davidson
Cherie Tucker
Kylie Witt



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!

do something different...

Telling someone you are grateful for them being in your life, for what they have done or for who they are, is a powerful expression of love and caring. Spread the idea of gratitude by telling someone you care for about the experiences you've had with chiropractic.

Today I am grateful for _____

(fill in the blank with what you are grateful for today)

events

Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Monday 20 February

356 Rathdowne Street

North Carlton Victoria 3054

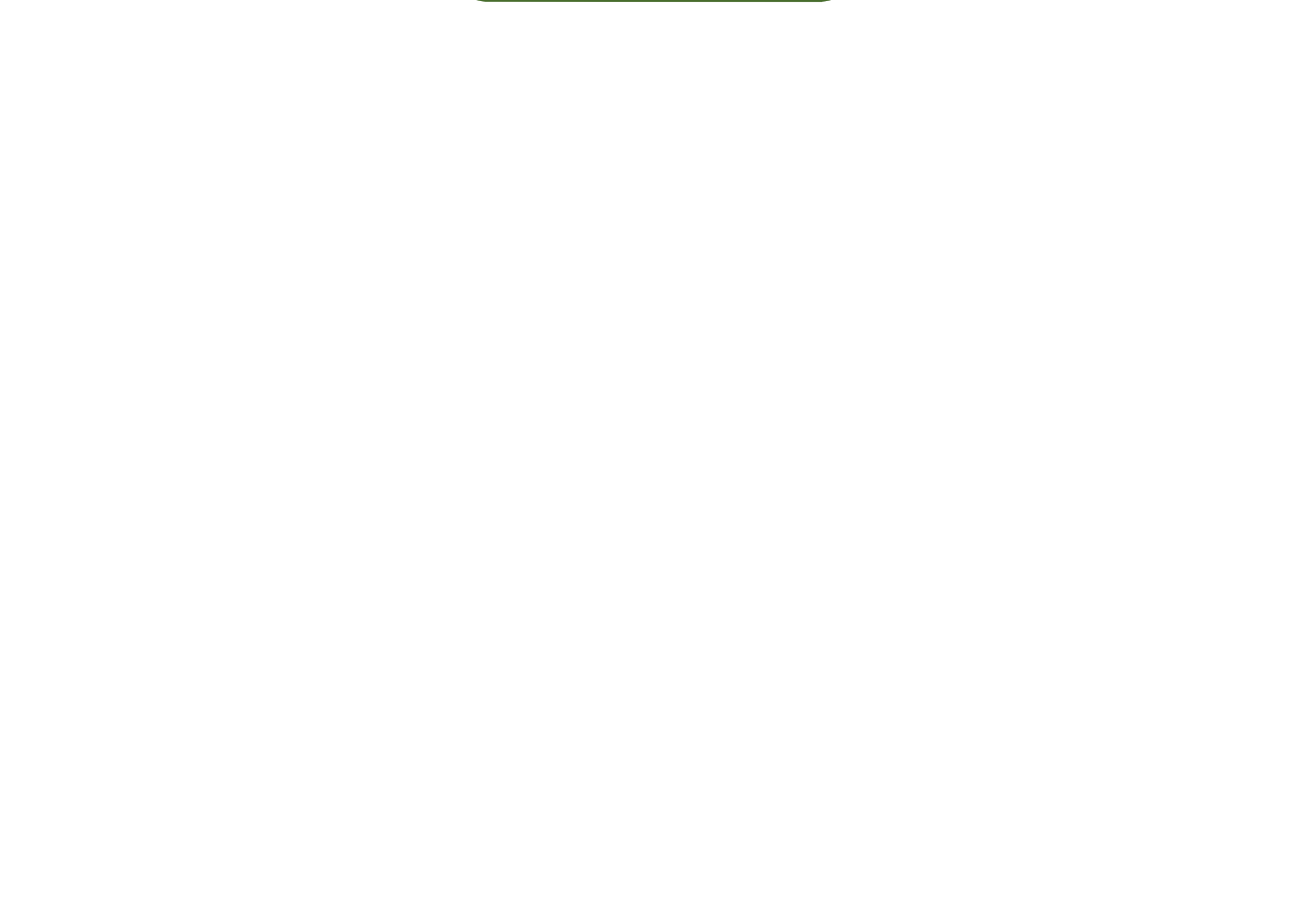
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gratitude
c4w newsletter
february 2006





c4 gratitude...

February for many of us, is a month of love and appreciation for those we care about. At c4w we cherish our clients and their health. We would like to take this opportunity to say.....

Danke schön (German), *Vinaka* (Fijian), *Tak* (Danish), *Gràsce* (Italian), *M goi* (Cantonese), *Ta* (Australian), *Kiitos* (Finnish), *Merci* (French), *Toda* (Hebrew), *Köszönön* (Hungarian), *Grazzi* (Maltese), *Tika hoki* (Maori), *Ahéhee'* (Navajo Indian), *Dziękuje* (Polish), *Thank ye* (Scottish), *Hvala* (Serbian), *Tack* (Swedish), *Cám ón* (Vietnamese), *Ngiyabonga* (Zulu), *Thank-you* (English)....

..... to all our awesome clients who assist us in building our practice through telling the people that they love and care for about us.

To show our gratitude to you, this month we are launching our special VIP Gratitude Rewards Program.....so listen up, you are about to get excited!!!!

The team at c4w

thought for february...

“Saying thank you is more than good manners. It is good spirituality”.

Alfred Painter

make gratitude an attitude..

Gratitude is important. It is often stated that “kids these days just don’t appreciate the things they have”. But before we start to make such wild claims, maybe we should be thinking, “what have WE done to instil an appreciative attitude in them?”

Appreciating others is a skill that anyone can learn, including children. When kids are encouraged to look for the good in others, and especially in those they may not particularly like, we are helping them to become more positive individuals.

Human beings tend not to be naturally appreciative and we can’t be annoyed with our kids for being ungrateful if we have not taught them how to get a gratitude attitude. So here are some tips on how we can help.

- Get kids to write thank-you notes from an early age. These demonstrate and instil a higher level of appreciation.
- Be a role model. Thank people, point out the good in people, and start writing your own thank-you notes.
- Help kids to see a positive trait in someone they dislike and that its important to consciously look for such traits.
- Get your family’s nervous systems checked regularly. It is far easier to be a positive and appreciative person when information is flowing freely from above down inside out.

VIP Gratitude Rewards Program...

February is a very exciting month for us at c4w. It is the month that we launch our VIP Gratitude Rewards Program to thank those clients who help us build our practice by telling the people they love and care about, about us.

The program offers four different levels of gratitude: SILVER, GOLD, PLATINUM and DIAMOND.

At each level of gratitude you will receive a VIP certification key ring and a number of special gifts and discounts including free holidays and other gifts valued up to and over \$500.

To become involved in our program, keep your eyes open for the VIP Gratitude Rewards Program brochures that will be available in the office. These brochures will explain in more detail the ins and outs of the program, and if you still unsure about things, Caitlyn and Emily are always available at front desk to answer any further questions that you may have.

We are so excited about starting this new program, and we hope that everyone gets just as excited as we are.

