

Gratitude is an attitude!

Gratitude is an appreciation of something or someone that has helped us, given us happiness and harmony.

Displaying gratitude can make us more aware of the good things we have in our lives. By been aware of what we are grateful for, our gratitude attitude will become more powerful and fulfil our lives with more happiness and positive energy.

Saying thank you to someone can often leave them with a positive, appreciated feeling and can only encourage them to pass on that glorious feeling.

Wouldn't our world be a happier place if we could all focus on the good things in our lives and share our gratitude for them?

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!

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:

Daniel De Poi
Kim Allen
Mark Aspinall



events...

Creating Wellness Workshop

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book now and join us for a cup of tea!

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gratitude
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I am grateful...

February brings with it Valentines Day which often reminds us of our loved ones. We take the time to buy gifts, go out for romantic dinners, send roses., write cards.....or pray all day that when we arrive home from work, somebody, anybody, has left a bunch of long stem red roses by our front door!

At c4w, we believe that Valentines Day is about sharing our love and been thankful to those that we love; to the people that bring us happiness, laughter and enrich our lives.

It seems these days we are all taking on too much; extra work hours, running a household, raising kids, paying bills, shopping, rush, rush, rush; that sometimes we often forget to appreciate what we have at the present moment. We simply *forget* to show our gratitude. We forget just how much a simple "thank you" can enlighten someone's day....and your day too!

At c4w, we have decided that this month we would very much like all of our awesome clients to spread their gratitude to all that deserve a thank you!

Happy Valentines Day and Thank you!

The team at c4w

thought for February.....

"Saying thank you is more than good manners. It is good spirituality".

Alfred Painter

I am thankful...

For the wife who says it's hot dogs tonight,
Because she is home with me and not out with
someone else,
For the husband who is on the sofa being a couch
potato,
Because he is home with me and not out at the bars,
For the teenager who is complaining about doing the
dishes because it means she is at home and not on
the streets
For the taxes I pay
because it means I am employed,
For the mess to clean after a party
because it means I have been surrounded by friends,
for the clothes that fit a little too snug
because it means I have enough to eat
For my shadow that watches me work
because it means I am out in the sunshine,
For a lawn that needs mowing, windows that need
cleaning and gutters that need fixing
because it means I have a home
Fore all the complaining I hear about the government
because it means we have freedom of speech
For the parking spot I find at the far end of the parking
lot
because it means I am capable of walking,
For my huge heating bill
because it means I am warm,
For the lady behind me that sings off key
because it means I can hear her
For the pile of laundry and ironing
because it means I have clothes to wear
For weariness and aching muscles at the end of the
day
because it means I have been capable of working
hard,
For the alarm that goes off in the early morning hours
because It means I am alive
For too much email
because it means I have friends who are thinking of
me
I am grateful

saint valentines...

Valentines Day is seen by many as a day to celebrate love and romance. However, the actual story of Saint Valentines is quite controversial.

Various groups claim that only they express the "truth" as to why we rush to purchase chocolates & flowers on February 14th.

However, the common themes of St Valentines Day are universally embraced & we also wish to celebrate with you all this month.

Saint Valentine devoted his life and even defied the laws of his time, attempting to serve others & enrich their lives with happiness & companionship. The story beholds that both he & those he served aimed to express the following values:

Friendship
Loyalty
Hope
Gratitude

We also aim to enrich our own lives as such and believe that the expression of Valentines is not limited to our partners but all those in our lives that we appreciate & value! There will be opportunities both in & outside the office for you to wish all your closest friends & family a
Happy St Valentines Day!