



*It's the time of the year for our winter newsletter. It's been a very busy 6 months at Sydney Women's Physiotherapy. We welcomed our massage therapist to the team - Doris Chan and her days in the clinic are Wednesday and Saturday, Dr Tania Trapolini a clinical psychologist is consulting at the clinic on Thursdays and we are still running our many classes and we are now running our Term 3 classes. We also welcomed 2 physiotherapy university students to our clinic as part of their studies. Vee has also increased her days and is now consulting from Monday to Thursday.*



***BOOK YOUR FIRST MASSAGE WITH DORIS TO RECEIVE A 50% DISCOUNT PRICING FOR MASSAGE***

***30 minutes: \$80***

***60 minutes: \$130***

***90 minutes: \$180***

***Doris is in the clinic on Wednesday's and Saturday's  
Please ring the clinic to book an appointment or book on-line***



As we love to grow and learn in our clinic we also like to see like minded people learn and grow. We are very fortunate to offer university students a 5 week placement in our clinic to learn more about pelvic health in women, men and children. For the past 5 weeks we have welcomed Gabby from Australian Catholic University to our clinic.

Gabby is a final year physio (honours) student who has a new interest in Women's health. Gabby is an ex-gymnastic who had frequent injuries, Gabby fell in love with the Physio atmosphere and the idea of being able to help others return to their hobbies and activities.



**Women's Health Week** is coming up from the 4th to the 8th of September. The theme this year is **"GROW YOUR KNOWLEDGE"** We have many exciting things organised for this week. There will be a prize to win if you book in a massage with Doris, product sales and we are running 2 **"FREE"** exercise classes (Yoga and Strengthen and Rebuild). Look out for information on our socials or in our clinic for what is happening during this important week.



Term 3 classes have commenced and will run until the end of the school term.

We are still running the following classes:

***Strengthen and Rebuild***

***Studio Equipment***

***Unwind and Restore***

***Over 50's***

***Mums and Bubs***

***Pre-Natal Classes***

We have availability in the following classes for Term 3:

***Over 50's - Monday 9.30am***

***Unwind and Restore - Monday 7pm***

***Strengthen and Rebuild - Tuesday 5pm***

***Pre-Natal - Wednesday 6pm***

***Strengthen and Rebuild - Thursday 5pm***

***Strengthen and Rebuild - Friday 10am***

***Studio Equipment - Friday 12noon***

All our classes are health fund rebatable. Please call our friendly reception staff to enquire about joining one of our classes today.



To make an appointment either call us on 8883 5360 to speak to our friendly reception staff or booking online : <https://www.sydneywomensphysiotherapy.com.au/book-online/>