

SUMMER NEWSLETTER

**SYDNEY WOMEN'S PHYSIOTHERAPY
PELVIC CONNECTIONS**

January 2024

New Website

After 18 months of planning, and a few pauses in between, we are proud to launch our new website during the last week of November.

14 years in business we have evolved as a clinic to continue the awesome work in Women's Health Physiotherapy through all life stages.

We would also like to formally embrace the fortunate opportunity we have been given through the trust and relationship established from our referring doctors, extended health and fitness community to provide Pelvic Health for 'EVERYBODY' (women, men, children and non-binary). We hope our new website reflects the 2 arms of Physiotherapy services we offer: Women's Health Physiotherapy and Pelvic Health Physiotherapy for Everybody.

Visit our new website via:

www.sydneywomensphysiotherapy.com.au

www.pelvicconnections.com.au



Suite 308, 10 Norbrik Drive, Bella Vista NSW 2153
(02) 8883 5360
info@sydneywomensphysiotherapy.com.au

Birthday Giveaway

Sydney Women's Physiotherapy turned 14 in November and to celebrate we had a giveaway 🎂

Our lucky winner will be receiving Pilates socks, reformer Pilates mat, spikey ball, SWP keep cup, Olive & Bee and a neck heat wrap ★
Congratulations again to Sarah 🥳

Scan the QR code to follow us on Instagram to keep up to date on future giveaways and prizes!



Mini Summer Classes

You requested and we delivered!

From January 6th - 25th we will be running mini summer classes to keep you more accountable over the new year holiday season.

Term 1 Exercise Classes

Term 1 classes commence on Saturday 3rd of February. If you would like to join a class please call us on 02 8883 5360 to book in. Spots are filling up real fast so don't wait! You can view our class timetable on our website.



Christmas & New Years Closure Dates

Our clinic will be closed from Sunday 24th - Wednesday 27th and Friday 29th December - Monday 1st January.

We are **OPEN THURSDAY 28TH DECEMBER**. Trisha and Vee will be working in the clinic. If you would like to book an appointment, please let us know ASAP as their books are filling up.



The Sydney Women's Physiotherapy team would like to extend their heartfelt wishes for a delightful Christmas and a prosperous New Year, filled with love and joy. We express our gratitude for your continuous support throughout the year and we look forward to seeing you in the upcoming year!



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