



# MANOR HOUSE

## PRACTICE

### Autumn Newsletter 2017

#### Online Booking

You can now book Osteopathy, Physiotherapy, Acupuncture, Sports and Remedial Massage, Swedish Massage and a Medical Herbalist online. This is in addition to being able to ring and speak to one of our highly trained receptionists, who will be able to advise you on your choice of therapy and also try to organize the best possible timings for your appointments, however, the online bookings buttons on our website and Facebook page will allow you to book us when reception is closed at your own convenience.

Four New Videos available to watch on our website, Facebook page (Manor House Practice - Beccles) and YouTube.

**Shoulder Exercises** - A set of four to help if you are recovering from a shoulder injury.

**Advanced Strengthening Exercises for your Spine** - If you have already found your way to trying our basic strengthening video exercises and your back is 'well' then you can now move on to the advanced exercises which will strengthen and help prevent injury.

We also have a new '**Anti-Ageing**' video which is designed to work the major muscle groups to help you stay mobile in walking and your arms strong!

Lastly, we have an amazing video with Susie James (who knew she would be such an internet star!) giving advice on **How to cut your Toenails** properly.

Please share these videos with friends and family via your Facebook page.

#### Practitioner News

We are pleased to announce that Liz Harvey is returning after the birth of her son Felix - Liz will be available every Wednesday morning from the start of October and Amy Holmes has agreed to stay on to cover the Thursday morning time, this gives us greater scope to offer you an appointment without a long wait.



Kathryn Macdonald took part in her second World Record attempt with her family on the 2nd September, this time for the most players in a hockey match, to go alongside her World Record of playing in the longest hockey match. She is looking forward to becoming a **DOUBLE WORLD RECORD HOLDER!**

**Special Autumn Offer - 10% off osteopathy appointments**

We're pleased to offer our customers a 10% discount on your next osteopathy appointment. This discount is valid up until 31st January 2017, one booking per patient. To claim your 10% discount simply quote reference 'Autumn 17' when you make your booking and then either print out or bring a copy of this email on your phone to show us when you attend the appointment. Offer excludes virtual osteopathy.

*Stuck for a gift idea this Christmas? Why not treat your loved ones to one of our gift vouchers, valid for any treatment at the practice.*

**Wishing you all a healthy, happy Autumn/Winter**  
*Best Wishes Kathryn Macdonald MD*

---