



MANOR HOUSE

PRACTICE

May Newsletter 2017

With the help of our top marketing person, Julie, we are adding some exciting features to our website and new Facebook page. You will now be able to book Osteopathy online and we will be adding other therapies soon. You will always be 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 and arrange the best possible timings for your appointments, however, the online booking buttons on our website and Facebook page will allow you to book when the reception is closed and at your own convenience.

Also now available for viewing on our website, www.manorhousepractice.co.uk, Facebook page (Manor House Practice - Beccles) and YouTube are two videos offering you advice on exercises to stretch and strengthen your lower back. These additions are really making best use of modern technology for the benefit of our patients!

Our Facebook page is updated regularly with more helpful hints and tips from therapists, we of course, would value you liking our page and sharing with your friends, colleagues and activity groups that you belong to.

Congratulations to Liz Harvey and her husband James on the birth of their son Felix. We can't wait to meet the new addition to the family.

Focus on Massage -

Doneva Davidson, Cath Hutchison and Trish Dent are all available for consultations. Doneva uses aromatherapy and sports massage, Cath uses sports massage and Trish uses a combination of massage and shiatsu, which is a form of natural healing massage that uses pressure and touch, and stretching and joint mobilisation techniques. It is based on the same 'meridians' and pressure points used in acupuncture. The treatment works with the body's own subtle energy, called chi or ki, to restore its natural balance, increasing vitality and stimulating the body's own natural healing ability. Clients remain clothed throughout the treatment.

Special Summer 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 August 2017, one booking per patient. To claim your 10% discount simply quote reference 'Summer 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.

Wishing you all a healthy, happy Summer
Best Wishes Kathryn Macdonald MD
