

Hartwell Chiropractic Centre

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Dear Winston

Well another year is well on its way and no doubt that like me you are back into your routine and those summer holidays are fast receding into memory. My holiday or break this year was great, giving my family and me time to wind down, relax and recharge the batteries. We have come back full of energy and enthusiasm ready to tackle the challenges of the New Year.

Our practice continues to grow each year and after twenty two years I am starting to see many generations of families coming in for care. In fact....

Joseph Ferraro our Naturopath and Acupuncturist has been with us for five years now and continues to add a unique perspective on health and wellbeing. He is a great asset to the practice.

Luke Erikson our masseur came on board almost four years ago and this year is looking to further his repertoire with Pilates Rehabilitation Exercise certification.

For those of you who have been in over the last twelve months you would have seen Andrea and Matilda being assisted by Caroline and Sophie, my two eldest children. They have been of great help giving more flexibility to the staff when needing to be with their families.

Caroline however won't be around much this year as she is taking twelve months off from her Advertising degree to work full time, then travel overseas for six months.

Some very exciting news is that Sophie, after completing her VCE last year, has been accepted into the Chiropractic programme at RMIT. For as long as I can remember all Sophie wanted to do was to become a Chiropractor. Well with determination and hard work it has paid off and we are all very proud of her.

Phoebe is now in year 11 and at the serious end of her education. While Patrick, by going in to grade 6 will complete his primary schooling this year.

As parents, Cate and I like many of you, are left wondering where the time has gone and how can our children be that old?

I wish all of you a prosperous year, good health, happiness and love.

And as Chrissie (a patient) mentioned to me yesterday may this year be for you 2000 and Great!

Warm regards

Mark Navin