



physiotherapy pilates proactive

freedom of movement...body and mind

Welcome

Welcome to our April newsletter. Those of you with school children will soon have holidays to contend with; how the year is racing along! With the stinking hot weather behind us, it is a perfect time to consolidate your Pilates routine. You may also wish to see one of our physios for treatment and advice – if you would like to read up on their specialties, please see our website.

Dates to Remember.....

Friday 10 April – Monday 13 April

The practice will be closed for the four day Easter break.

Saturday 25 April

We will be closed on Anzac Day, however, all three studios will be open as usual on Monday 27 April as there is no public holiday on this day.

Friday 24 July 6.30 – 8.30pm

We invite you to join us for our 5th Annual Wine and Cheese Night. These evenings are always a wonderful get together for clients and staff. We provide the wine and yummy platters of cheese and nibbles, so all you need to do is turn up! Please RSVP to Reception for catering purposes.

Class Updates

Beginners Courses

This year we have introduced an Initial Physiotherapy Consultation for those wishing to enrol in a 5-week Beginners Course.

The next Beginners Course dates for 2008 are:

STIRLING

Wednesday 7.45pm **29 April – 27 May** (run by Annie)

PARKSIDE

Thursday 7.45pm **30 April – 28 May** (run by Vanessa Hemer)

Monthly Update

Issue 21 April 2009

LITTLEHAMPTON

Monday 7.45pm **4 May– 1 June** (run by Annie)

Client Notice Board

Studio and Rooms for Lease

Do you know of anyone who would be interested in hiring any of our studios or treatment rooms on a regular basis? We are offering all three studios at the following times:

- Fridays – 7pm onwards
- Saturdays – 1pm onwards
- Sundays – all day/evening

Rates are competitive. Rooms would be suitable for massage or other therapy and the studio would be suitable for yoga, Feldenkrais, meditation or even small talks/seminars. Please contact Rachel on 0422 087 214 for further details.

Rub A Bub Classes

One of our clients is running Baby Massage classes at our Stirling Studio. The next four week course starts Saturday 2 May at 2.30pm. Please see our separate flyer for further details. Bookings and queries should be directed to Pennie Taylor on 8370 1995 or 0433 808 075.

Prepay Expiry

As of 1 January 2009 all Prepays purchased will have a 4 month expiry date.

Health Partners

As of 1 May 2009 we will no longer be able to offer concession rates to the already heavily discounted Health Partners rates. Clients are also reminded that we are Preferred Providers at our Stirling and Parkside locations but not at Littlehampton.

Staff

- **Ellie** enjoyed the Dry Needling and Acupuncture course she went on last month and commented upon how effective the method is for treating trigger points! If you would like to try this different approach, please book in to see Ellie at Parkside or Stirling.
- **Jane** found the week-long Chi Ball Method course she attended in March highly stimulating. Watch this space as there will be requests for guinea pigs in the coming months!
- **Briar, Vanessa Hemer and Becky** commenced their Polestar journey a couple of weekends ago. The full Polestar Pilates Rehabilitation process involves 7 weekend courses culminating in a taxing 3 hour exam with an 80% pass mark. Throughout the year, students are required to complete 300 hours of self-mastery, observation and teaching hours. All of our other physios have completed this certification which helps make our team one of the most qualified in Australia.
- PPP staff and families attended a Summer Picnic at the end of February. The weather was perfect and a great time was had by all.
- Congratulations to **Clare** who got married to Josh in March. She joins us again later this month when she returns from her honeymoon.

News and Views

Obituary – Mary Combe

17 August 1949 – 4 March 2009

Written by Jane Deere



I first met Mary in October 2003 when I came to work for Rachel one month after the opening of PPP in Stirling. This job has been filled with unexpectedly good things, not least of all the opportunity of getting to know Mary and coming to count her as one of my friends.

Being a little apprehensive about starting out in private practice, Mary's warmth, reassurance and faith in both Rachel and her choice to employ me, made my first weeks so much less nerve wracking than they might otherwise have been. She handled my anxiety with calm and clear headedness and eventually I started to relax and see myself differently.

The 18 months that Mary worked behind the desk, initially flying solo then later sharing the admin role, helped create the welcoming, professional, accessible environment that Rachel had envisaged. Mary's style blended seamlessly with Rachel's vision to create a practice out of the ordinary. In 25 years I have never worked anywhere else like it.

Over the last 5 ½ years I have witnessed Mary's strong commitment to and love of her family and to see the way she energetically supported, affirmed and respected the choices of Rachel, Jeremy and Lucy. There was a generosity about Mary and many of us have been blessed by her openness, warm hospitality and wonderful cooking.

She had the ability to connect with and bring out the best in people. Her sense of humour, joyous smile and genuine interest in our stories meant that a day with Mary in it was always a good day.

Mary left this world with the grace and dignity with which she lived. She will be missed beyond words but what I have come to see is that we carry with us always those we have loved and have had to let go.

Go well, dear Mary.
Jane

Stirling Arcade
39 Mount Barker Road
Stirling SA 5152
P: 8339 3188
F: 8339 3199
E: stirling@pilatesproactive.com.au

Parkside
86 Glen Osmond Road
Parkside SA 5063
P: 8271 3144
F: 8271 3244
E: parkside@pilatesproactive.com.au

Littlehampton
The Village Shopping Centre
Shop 4, 37 Main Road
Littlehampton SA 5250
T: 8339 3188



physiotherapy
pilates
proactive

www.pilatesproactive.com.au

