

# The Wellness Centre News

VOLUME 1, ISSUE 1

JANUARY, 2005

## Chiropractor:

Michael Dunn

## Herbalist / Iridologist:

Sharon Lindner

## Massage Therapist:

Karen Elliott

Glenn Robinson

## Counsellor:

Maree Cullen

## Transference Healing:

Carolyn Bentley

## Massage and Energy

### Healing:

Annette Williams

Our Centre offers a range of practitioners to help us in our journey towards optimal health combining mental, physical and spiritual.

Please phone our receptionists Anne and Diane to answer any questions that you may have and to book for an appointment.



## Welcome to 2005

We hope that you all had a wonderful Christmas and New Year with your family and friends. As seems to be the norm now, the holiday break flew by and we are now back at work and things are in full swing at The Wellness Centre. This year we have two new practitioners, some new classes and special events.

We will have a little information on each in this newsletter and then please check the bulletin board in the reception room for details during the year.

*"Each place along  
the way is  
somewhere you had  
to be to be here."*

Michael Dunn, our Chiropractor, offers complimentary initial consultations for all school age children. Let all your friends know so that they can take advantage of this offer during the remainder of the school holidays.

## SPARKE HELMORE TRIATHLON

For those of you who need an incentive to get a little fitter then here is your chance.

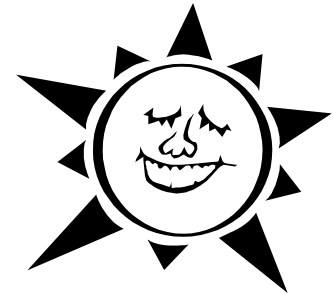
As usual we will be putting together teams for the triathlon. We will be need swimmers, bike riders, runners and a cheer squad. The swim is 500 metres, the bike ride is 15 kms and the run is 4 kms. We have competitive and fun teams so no matter what your physical attributes are we can use you. If you would like to do the whole triathlon on your own you are welcome to join our group. **LET US KNOW YOUR TALENT.**

**FREE TO BE ME** seminar run by Cindy Cook.

On Monday 24th Jan from 6:30 - 8:30 p.m. Cindy will be running an information night about her upcoming seminar.

Free To Be Me is a five week course that teaches how to release stress and bring clarity into your daily life. You will learn how to think in new ways, build self esteem and enrich your life. The group is a small one so that each person gets intimate care.

Please phone Cindy on 4944 9644 to book in for the free information evening or talk to our receptionists.



**WHEN YOU BEGIN TO HEAL  
THE INNER YOU, YOU ALTER  
YOUR IMMUNE SYSTEM.**

## MASSAGE, ENERGY HEALING and CLASSES.

Annette Williams is back from her extended visit to Bali and has brought with her more healing skills. To compliment her wonderful energy healing sessions, Annette is also combining massage. Annette is here on Monday afternoons for these sessions.

Annette is also conducting a seven week course on spirituality and meditation. These will be on Monday mornings from 11:00 - 1:00 at a donation of \$30.00. Please book at Reception.

### The Wellness Centre

#### New Lambton:

65 Orchardtown Rd,  
NSW,2305.  
Phone:02 49561193

#### Rutherford:

207 New England Hwy,  
NSW,2320  
Phone:02 49324999

The Chiropractic side of The Wellness Centre now says goodbye and thank you to Karen Elliott who has been working in the rooms with Michael for the past year. It is time for Karen to move on to more study to better support her massage business here at The Centre.

Karen will still be working here on Wednesdays and Fridays as a massage therapist so her smiling face and beautifully gifted hands will still be here for us all.

Karen specializes in relaxation and lymphatic drainage massage which is something we should all treat ourselves to from time to time.

Cheryl, who is here in the afternoons with Mike, will now work Tuesday and Thursday mornings and Carolyn Bentley and Jordanna Read will share the afternoons.

We are always so lucky here at The Wellness Centre that when one of our staff changes positions and wants to grow in another direction there are always wonderful people to step in their shoes. This enables us to meet and work with new people and learn from each other and gives Mike's patients the opportunity to have others help in their journey toward better health and wellbeing.

## TRANFERENCE HEALING with Carolyn Bentley.

We would love to take this opportunity to welcome Carolyn to the Wellness Centre. Carolyn, a very gifted and talented energy healer, will be available to see clients here on Wednesdays.

Carolyn, in her Transference Healing work, moves stuck energies in and around our bodies which then allows our gifts, talents and higher thought processes to be activated.

Carolyn's sessions last for an hour and includes an essence which taken daily will help the changes be assimilated more powerfully.

Please book at Reception.

For those of you who see Michael, our Chiropractor, Carolyn will be working in the rooms with him in the afternoons so you are all in for a treat.

## INTRODUCTION TO CRYSTALS

On Wednesday 16th February from 6:00-8:00p.m. we are inviting you all to an Open House.

Carolyn and Scott Bentley will be here with a wonderful collection of crystals, jewellery and gemstone beads. They also have a wonderful array of healing tools such as wands and massage stones.

If you want to know how to clean and take care of crystals, how to buy the "right" sort of crystal for you, which crystals help heal different parts of the body then this is the night for you.

It will be a very informal night so pop in any time between 6 and 8 p.m., bring your cash and cheque book if you wish to treat yourself to a New Year gift.

## MEDITATION CLASSES

Ric Marley is once again running his Meditation Classes. Due to popular request we are opening up a day time class.

Rics classes will be on Thursday 12:30 - 2:00p.m. and 7:00 - 8:30p.m. beginning on Thurs 3rd Feb.

The cost for each class is \$10.00 and a different type of meditation is taught each week. Beginners and more advanced are all welcome.

Ric has a very gentle way of teaching, making the classes very enjoyable and relaxing, which of course is why we participate.

Classes are limited to 10 each time so please book at Reception.

*"I will fill myself with love, and I will send that out into the world. How others treat me is their path, how I react is mine."*

## HERBALIST AND IRIDOLOGIST

Sharon Lindner is back from her holidays and ready to help us all with our New Years commitment to a healthier lifestyle.

Sharon is an important spoke in the wheel of health and her accuracy with iris diagnosis, dietary advice and individualized herbal remedies is invaluable to us all.

During the latter part of the year Sharon will be studying Hypnotherapy which will be another valuable tool in her already vast repertoire of healing modalities.

## MEDICAL INTUITIVE AND TRANCE CHANNELLING with Alexis Cartwright.

Alexis travels extensively internationally upgrading people on a personal healing and spiritual level and we are very fortunate to have her here with us for a special healing weekend.

In a medical intuitive session with Alexis you gain insight into why and where imbalances are in the body, while receiving an in-depth healing process.

Trance Channelling works on another level whereby your own specific Celestial DNA coding system is activated and filtered.

This enables you to obtain a more personal "destiny and purpose" healing and reading.

Alexis will be here at The Centre from Friday 11th February until Sunday 13th February.

If you would like more information on Alexis and what she does we have brochures available at

reception or check her website [www.transferencehealing.com](http://www.transferencehealing.com) For bookings with Alexis please contact Carolyn Bentley on 0404 833 265

## REMEDIAL AND PRENANCY MASSAGE

Glenn Robinson is available on Tuesday, Thursday and Saturdays for remedial massage and also his very popular pregnancy massage.

Glenn has a foam mattress with a cut out for pregnant Mum's which makes it so pleasant to lie on your tummy and enjoy the massage. A massage on a regular basis while you are pregnant can be very beneficial.

Please book at reception.

## COUNSELLING

Maree Cullen is here every Thursday to help with all personal and emotional problems. Maree is a very nurturing and gifted counsellor and can help people of all ages and no problem is too small or too big.