

Supporting the fight against cancer

Our practice helps to support people with cancer in many ways, including physiotherapy care and exercise rehabilitation, along with fundraising and support for groups and organisations. In October we supported Pink Ribbon Week by providing pink snacks at pilates sessions for a donation, and by selling exclusive abi and joseph pink pilates socks, and raised nearly \$150. We also provided a gift voucher to the Girls Night In function, and in November we went purple (yes, our stunning green wall turned purple for a week) to support the Relay For Life. I'm sure the Bogong Beauties also appreciated the free foot massages on relay day!

Summer is here – and with it come many opportunities for outdoor fun and sport. For some of you, it also means gearing up for skiing overseas and our very popular SkiReady program can help you train for your big adventure. We're running special Summer SkiReady sessions during January – if you're keen to tune up, contact us via the website www.kvphysio.com.au or give us a call (see 'contact us' page).

Our 2013 Young Athlete/Performer Sponsorship Winners!

KVSSP and MBMC are proud to announce that the winners of the 2013 sponsorships are Liam Hood (football) and Sam Northey (hockey). Sam was a member of the North East Knights U17 team at the Junior State Hockey Championships this year and has made a number of representative teams over the last five years, while Liam plays football for Dederang/Mt Beauty and was also selected in the Victorian School Sports Football Squad this year. The sponsorships intend to foster physical activity in young people by providing sponsorships of \$500 to go towards the costs of involvement in sport or the 'active' performing arts. Our sponsorships are not specifically targeted at the elites of any given sport, but rather to support those youngsters who expend a significant amount of time, effort and enthusiasm to achieve their best in their chosen endeavour.

Don't miss out on the latest!

It's easy to stay up to date with what's going on at Kiewa Valley Sports and Spinal Physiotherapy and Kiewa Valley Clinical Pilates. Next time you come into our clinic, make sure we've got your email address on our listing – that way we can make sure you don't miss out on key information and new services and products. You can also check us out on Facebook and at our website www.kvphysio.com.au.

Better backpacks for school and for life.

It's vital to look after young backs, and many school children are carrying unsuitable backpacks or are loading them far too heavily. We're pleased to announce that we now have available the Primary Physiopak III and the Physiopak 10 (secondary and adult use), which have been extensively tested and researched by physiotherapists and are approved by the Australian Physiotherapy Association. We're also proud of our new partnership with Mt Beauty Primary School – our clinic now stocks Primary Physiopaks in the official Mt Beauty PS colour and with the school logo on the back. These are ideal for kids of all primary years and are perfect for children just starting school in 2013 – what a great way to look after your child's back for life! Samples of both can be viewed and tried on at our clinic and prices start from just \$49. Great value for a high quality product with a lifetime warranty! Pop in and pick one up now as stocks are selling quickly.

