



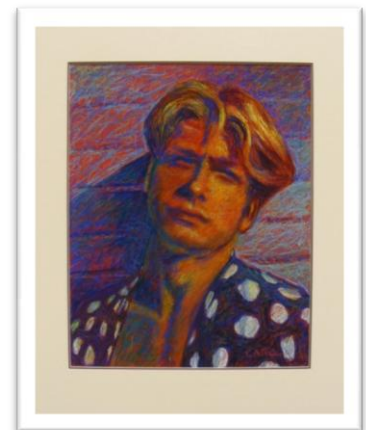
*Wishing you a  
joyous Christmas  
and a prosperous  
New Year*   
*From Carol Small  
and family*

December 2009

Thankyou for the privilege of helping you with your chiropractic needs. I look forward to seeing you again next time.

If you are on holidays and can't get in to see me I suggest you try some helpful exercises. There is a link called 'Straighten Up Australia' on the resources page of my web-site-  
[CarolsChiro.com.au](http://CarolsChiro.com.au).

SUA will help improve posture, stabilise core muscle groups, enhance health and prevent spinal disability and help you if you can't get in to see me. As with all exercises if it hurts do not do them and come in as soon as you can.



[Email me to get the newsletters by email rather than snail mail](mailto:carol@carolschiro.com.au)



This year I completed the first year of a Diploma of Fine Arts. I have included some examples of my work for your interest.

I have been working around the schooling hours but am now on 'school' holidays until February. The clinic will be closed Christmas day til the following Tuesday and a couple of days off for New Years.... Give me a call any time on either 9523 7111 or 0414 787 539 or send a text to the mobile to book in.

Next year from February I will have different hours on which to work with Saturdays as usual and a couple of days a week at the end of the day.

*Carol Small- Chiropractor- 24 Denman Ave WOOLLOOWARE 2230 phone: 9523 7111 mobile: 0414 787 539*

*email: [Carol@CarolsChiro.com.au](mailto:Carol@CarolsChiro.com.au) website: [CarolsChiro.com.au](http://CarolsChiro.com.au)*