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N E W S L E T T E R

Issue#1 - May 2010

Exciting News

Our first community newsletter is dedicated to all our wonderful practice members! Thank you for your commitment to yourself.

“Change is the only constant in the world”

There have been many changes since last August, when my small little office was renovated into the wondrous Inner Waves Centre for Well~Being. Everyone has been so patient and gracious through all the changes, I am truly grateful and would like to thank you all for your support.

Like the transformation of the small office to the wellness centre, my mission has also bloomed into something much more grand. Taking people out of pain is very rewarding, however, physical pain is often just a symptom of a larger, deeper internal pain. And often, even though the physical pain is relieved, the internal one is not. Eventually, the same or a different physical pain will arise, still attempting to make the person pay attention to the true cause.

This is the healing I am aiming to provide. The kind of healing that changes one's life experiences; the kind that allows someone to grow; to have more peace and joy in their life. The kind that gives someone an array of different tools so they can move

through life easily, not feeling like they are constantly trying to cope and struggle.

Inner Waves is set up for this kind of healing. In addition to the sunny open concept room and lovely music, I've done much refined training in Network Chiropractic that is geared towards helping your nervous system re-organize and evolve much more quickly.



“A Happy Spine is... Happiness” is the new **Network Chiropractic Introduction Talk**. The goal is to better educate new and existing patients. I've changed this talk many times, but the recent format is clear and concise, and the feedback has been fabulous! Please note that this introduction to Network is very beneficial to your healing, no matter how long you've been in care. If you have not attended a class yet, I encourage you to do so. Everyone is amazed at what they get out of it.

To support new patients in receiving this information from the start, someone who attends the talk prior to their first visit now receives **80% off their New Patient visit AND their Report of Findings** visit. This is a **saving of \$108** (their first and second

visit will only cost \$27). So make an evening out of it and bring your love ones and friends - especially the ones who need more ease in their lives.

Starting in **June**, there will be one Network Chiropractic Introduction class, one Health Information class (topic will change every month), and one workshop (either meditation or breathing). The May schedule is below.

Other additions to the curriculum: a Patient Appreciation Day in June, a special Network Day in August; and soon we will be adding breathing workshops as well (Somato Respiratory Integration).

Look for our next Community Newsletter for news and events to come. In addition to a healthy tip feature. And if you have an event or something special you would like to share with your Inner Waves community, please send me an email at anne@innerwavescentre.ca

Please feel free to share our newsletter with your family and friends.

Looking forward to seeing you all soon!

~Kind Regards, Dr. Anne Desneiges

May Schedule of Events

"A Happy Spine is... Happiness"

~Network Introduction & Level 1 Talk

Thursday, May 13th at 6:30 - 7:30pm

Wednesday, May 26 at 5:30 - 6:30pm

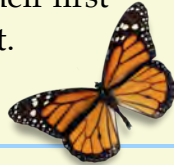
Our new talk is designed especially for those in your life who need more peace and happiness.

Who can you help by introducing them to Network Spinal Analysis Care?

**Please note, in June, there will only be one Intro talk.

An **80% discount will apply to all new patients who have attended a talk prior to their first visit. And you receive a referral gift.

(there is no charge for the talk)



Intermediate and Advance Practice Members!

Come and learn more about the potential of your journey with

Network Spinal Analysis

~ Level 2&3 Talk

Thursday, May 20th at 6:30 - 7:30pm

Attendees have commented:

~"I didn't realize the possibilities that were available for me, and for my life"

~"It will be so much easier to make changes in my life now"

~"I'm looking forward to some peace"

Come find out what you've been missing!

Our New Mission Statement

At Inner Waves, people are our priority. We support them with the best of our abilities, and serve them kindly and efficiently with the understanding that this is their time of care and healing.

We believe passionately that we are here to make a difference in people's lives. It is not only about their pain, it is also about their quality of life. We hold that one person can make a difference, and therefore, our philosophy is that by making one person healthier and happier, we have contributed positively to the human condition.

Our wonderful Massage Therapist Jackie is offering another one of her "Experience Massage day". You receive a **Complimentary 20min** massage if you book ahead...423-1935

This Wednesday, May 5th

Charity of the Month

~Plan Canada~



Inner Waves is fostering Bhagratna, a young boy living in the area of Marku, Nepal. We are very proud to be supporting his family and his village.

Below, visit Plan Canada's eJournal link for truly inspiring stories.

www.plancanada.ca/NetCommunity/Page.aspx?pid=2573

