

OUR CHIROPRACTORS

Dr Gareth Calverdash
 BSc Hons (Chiro), B.Chiro, ICCSP
 Graduated from Murdoch University.
 He is the head of the well-being team.

Dr Sasha Aspinall
 BSc (Hons), BChiro, PhD
 Graduated from Murdoch University
 as Dux of her class. Her particular
 interest lies in spinal pain.

Dr Tanja Ricciardi
 BSc (Neuro), BSc (Chiro), BChiro
 Graduated from UWA with
 Neuroscience major then went on
 to complete a Chiropractic degree
 at Murdoch University.

Dr Giveney How
 BSc (Chiro), B Chiro
 Graduated from Murdoch
 University with High Distinction.

CLINIC STAFF

Carolyn
 Senior Receptionist

Alexandra
 Receptionist/Marketing

CONSULTATION TIMES

Consultations are by appointment
 Mon: 8 - 11am
 Tue: 8 - 11am & 2pm - 6pm
 Wed: 9 - 12pm & 2pm - 6pm
 Thur: 2pm - 6pm
 Fri: 8 - 11am
 Sat: 8 - 12 noon

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Health Adjustment Summer 2024

Editors Note - Dr Gareth Calverdash

Hi everyone, We purposely left our summer newsletter late as we have some exciting news to tell... WE HAVE A NEW CHIRO JOINING OUR TEAM! Welcome Dr Giveney, see all about her below. Feel free to book in with her or say hi if you see her in the clinic. Also, it is back to school so chat to us about backpacks - see good info from the chiro association below. Look forward to seeing you in 2024!! Cheers DrG 😊

WELCOME



Dr Giveney How is a dedicated chiropractor and the newest member of the Hilton Chiropractic team. Giveney completed her chiropractic studies at Murdoch University after being drawn to the profession's hands on approach to care.

Inspired by her own experience of injury management during her time as an elite athlete, she has a special interest in helping others through this process. Giveney devoted much of her youth to sport, competing for Australia in both Gymnastics and Olympic Weightlifting. Having faced injuries at crucial moments during her career, she understands the importance of a hands on, patient-centred approach to restore optimal function as quickly as possible.

Dr Giveney also has a Certificate III in Fitness and values the role of exercise rehabilitation in reducing pain, restoring function and creating lasting results. She is committed to providing personalised care and enjoys helping others find a way to be active that's right for them.

Aside from chiropractic, Giveney enjoys practicing yoga, getting in touch with her competitive side over a good board game, and cooking for her family & friends.

TUE	WED	THUR	FRI	SAT
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		GIVENEY		

Dr Giveney How will be consulting at the following times.

- Tue: 8am - 11am
- Thur: 2pm - 6pm
- Sat: 8am - 12 noon

BACK TO SCHOOL 2024

Check Your Child's Posture this Back-to-School Season

As February rolls around, the excitement of a new school year is certainly in the air! With freshly polished shoes and perfectly sharpened pencils, our little learners are eager for the challenges ahead! However, while our kids are diving into their times tables and spelling bees, it's also important to educate them about the importance of maintaining good spinal health.

Naturally, kids don't often consider how **slouching in their seats** or **lugging around a heavy backpack** might affect their developing spines. That's why a visit to the local chiropractor is so beneficial at this time of year. We can assess your child's spinal health and provide valuable tips on maintaining proper posture in class and the correct way to wear a backpack to support their spine. Additionally, we can even adjust their backpack during the visit to ensure it is fitted correctly for the year ahead.

We also have a fun and rewarding 'Back to School Health Checklist' that your little ones can tick off as they get ready for school. The checklist, developed as part of the Australian Chiropractors Association's (ACA) Back to School Campaign, is a great way to encourage kids to build healthy habits both at school and at home.

The checklist is quick and simple to follow and can be easily incorporated into your child's everyday routine. For instance, packing a healthy lunch filled with lots of fruit and veggies, getting plenty of daily exercise, and wearing their backpack correctly by carrying them with both straps over the shoulders and with the buckles properly secured at the front.

This year, we also have a brand-new colouring book which kids can colour in at their leisure and get their creative juices flowing! You can even enter their favourite 'masterpiece' into the Australian Chiropractors Association's colouring competition to win a brilliant 'Back to School' starter kit. This kit includes an ACA-endorsed Spartan Backpack, assorted stationery, a lunch box and a water bottle. Entries close 25 January.

Pick up or download your complimentary 'Back to School' Health Checklist or colouring book from us today, or if you are concerned about your child's spine or any other back to school related activities, book an appointment with us online at www.hiltonchiropractic.com.au or call Hilton Chiropractic on 0401 914 313



[For more information click here to download the ACA's Back to School campaign or visit \[backtoschool.org.au\]\(http://backtoschool.org.au\)](http://www.hiltonchiropractic.com.au)

SUMMER SPECIAL



15% OFF ARCHIES

WHILE STOCK LASTS