

Mar/Apr 2020

LIVE YOUR LIFE TO THE FULLEST

Spring is upon us and with that some longer, brighter and, hopefully, warmer days.

Perhaps you were affected by the recent storms, Ciara and Dennis? They have caused a number of problems to many travel plans, and in several places there has been severe flooding with destruction of property and land.

So what can you do to get a spring back in your step? Perhaps you feel a little tired and drained after the winter?

Personally, I take vitamin D supplements to give my immune system extra support through the darker months. In addition, as you might expect, I also get adjusted regularly, fortnightly to be exact. This is to maintain the spring in my step!

In celebration of Valentine's Day here at Sensus Health we sought to help spread the LOVE to you all. If you came in for an appointment on that day you received a Red Rose with

a "Golden Ticket" to give away to someone special. Maybe you haven't yet decided who will be the lucky recipient yet, but I'm sure whoever it is will be most pleased to know of your thoughtfulness for them and we look forward to helping them in the special ways we can when they make their own appointment.

I shall be away from the clinic in March visiting India. During my absence the talented Dr Hannah is here to look after your need for adjustments, and of course our phenomenal Massage/Rehab therapist Mike will be available to give massages. Our superstar CA, Ayshea, will be manning the front desk and looking after your bookings, answering your questions and responding to any enquiries. I plan to keep you all up-to-date with the details of my holiday with pictures and regular emails.

If you are missing out on the Chiropractic and Massage offers, such as our competitions with great

prices to win and updates about our FREE Screening events and FREE Health talks, then maybe you're not registered to receive our e-mails. Sign up today to make sure you don't miss out on some amazing deals.

We also deliver both in-house events here at Sensus as well as Health Talks in offices in and around Fulham. Perhaps you would like us to come to your office? If so, let us know and we'll see what we can arrange.

Keep on seeking that you "Live your life to the fullest" and know that we are here to help you ensure that this happens.

In Health,



*Dr Kris and the team
at Sensus Health*