

# Bodywork For Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC  
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## Winter '07 Newsletter

### What's New at Bodywork for Wellness?

I am now accepting all major credit cards- Visa, Mastercard, Discover and American Express.

**Gift Certificates** - Remember the holidays are a great time to give the gift of health and wellness. Gift Certificates are a great way to introduce a friend or loved one to my work and help provide them with pain relief and relaxation. This Holiday Season I am offering some gift certificate specials:

**Package One:** Purchase Two-One Hour Session Gift Certificates (can be used for PT or massage) at full price and receive a FREE half hour massage Gift Certificate for yourself or to give as a gift.

**Package Two:** Purchase Three-One Hour Session Gift Certificates at full price and receive a FREE one hour massage Gift Certificate for yourself or to give as a gift.

**\*\*\*Also Gift Certificates can now be purchased by phone with a credit card and mailed to your home.** Gift Certificates are great for not only the holidays, but birthdays, or to share wellness with others. Now you can give the gift of wellness over the phone.

**Continuing Education Plans for '08** As many of you already know I am very dedicated to continued education so that I may help you with your needs more effectively and efficiently. This spring I will be attending several classes. In February, I will attend Lymph Drainage Therapy in Albany, NY. In April, I will attend Embryology for the Manual Practitioner in Reno, NV. In May I will attend Balancing the Sympathetic/Parasympathetic Nervous Systems in CT.

### Helpful Holiday/Winter Wellness Tips

As we move towards the Holidays shopping can be tough on your body so taking care of yourself is very important during this busy time of year. Remember as your shopping day goes on, fatigue sets in and bags get heavier, this can be a source of sore necks, shoulders, backs, and hands. To reduce/avoid this try not to carry too many bags or bags that are too heavy. Bring bags out to your car in between stores if possible. Remember to stretch and keep yourself hydrated with water. These quick tips may help prevent holiday aches and pains.

Also with winter comes snow, it's important to be careful while shoveling. Snow in the northeast can be very heavy and we forget that shoveling is not in our normal daily routine. This means you can be really sore afterward. To reduce injury, gently stretch your muscles before heading out into the cold. Muscles are more susceptible to injury when they are cold. Remember to bend with your knees, avoid twisting while lifting snow and take short breaks. Always remember to keep breathing and stay hydrated while you are shoveling. These tips may help keep your body feeling good during our cold season.

Additionally, if you do have pain or soreness after any activity, please don't ignore your symptoms. If you are not finding relief after several days you may need to seek treatment.

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

**518-424-6487**

[Bodyworkforwellness@yahoo.com](mailto:Bodyworkforwellness@yahoo.com)

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