



## Welcome to the Inclusive Health and Wellness Hub.

We aim to offer a range of established healthcare choices with experienced practitioners, all of whom are committed to working in partnership with you for your health and wellbeing.

We welcome our practitioners: Jacqui, Dave, Kirsten, Raf and Monique for the wellness program described in this brochure.

If you want to explore how natural therapies and practices may benefit your health and wellbeing, our Wellness Facilitator Monique is available to discuss what might suit you best 10am–2pm Wednesdays.

If you simply would like to know more about what is available, come in for a chat or check us out on Facebook.

 [facebook.com/IHWHub](https://facebook.com/IHWHub)

Many experiences in life—past and present—can lead us to have a reduced awareness of ourselves and our environment. There is a growing body of evidence that acupuncture, massage, working with our bodies, relaxation and meditation can help increase our awareness of ourselves, our experiences and our environment.

The focus of complementary and alternative healthcare is to restore balance: aligning mind, body and spirit.

Inclusive Health and Wellness Hub offers an affordable and accessible wellbeing program acknowledging that for many in our community, alternative and traditional therapies are unavailable due to cost.

.....  
If you would like to contribute to making these services available, you can donate at [www.micahprojects.org.au/donate](http://www.micahprojects.org.au/donate)  
.....

**3013 6050**

Shop 2, 15 Hope Street  
South Brisbane Q 4101

[admin@inclusivehealthclinic.org.au](mailto:admin@inclusivehealthclinic.org.au)  
[www.inclusivehealthclinic.org.au](http://www.inclusivehealthclinic.org.au)

*Photography by Craig Holmes*

Inclusive Health  
and Wellness Hub

# wellness program

 **inclusive health  
and wellness hub**  
OVERCOMING HEALTH INEQUALITY

# Wellness Program

from July 2019

## Monday

### Community Acupuncture – \$30\*

10am–2pm

Walk in and join a session with Jacqui

## Wednesday

### Community Acupuncture – \$30\*

10am–2pm

Walk in and join a session with Kirsten

### Zenthai Shiatsu Massage – \$50/hr\*

10am–4pm

Make an appointment with Monique

## Thursday

### Myotherapy – \$50/hr\* or \$45 for 45min\*

12–4pm

Make an appointment with Dave  
for Myotherapy (1 hr)

## Friday

### Community Acupuncture – \$30\*

10am–2pm

Walk in and join a session with Raf

### Myotherapy – \$50/hr\* or \$45 for 45min\*

8.30am–4pm

Make an appointment with Dave  
for Myotherapy (1 hr)

\* All prices negotiable for unwaged participants



**inclusive health  
and wellness hub**

OVERCOMING HEALTH INEQUALITY

## APPOINTMENTS

3013 6050

admin@inclusivehealthclinic.org.au



### Community Acupuncture

by Jacqui, Kirsten or Raf

An opportunity to receive high-quality acupuncture in a group setting at a reduced cost. Treatment is given in a comfortable and safe environment by AHPRA accredited practitioners. As a patient, you will receive careful diagnosis, gentle treatment and be nourished by the group dynamic.



### Myotherapy by Dave

A form of physical therapy employing movement, pain education and mindfulness approaches.

### Zenthai Shiatsu Massage by Monique

An effective therapy offering relief from common discomforts such as neck and shoulder tension, lower back pain, sciatica and other musculoskeletal pain as well as relief from headaches and digestive discomforts. Zenthai encourages deep relaxation and calmness making it an effective therapy when feeling anxious or overwhelmed. Mindfulness and self help guidance with movement suggestions is also available. Zenthai takes place fully clothed on a mat on the floor.