



HEALTH & WELLBEING DIRECTORY

A resource for industry professionals,
organisations and consumers
2011 / 2012 Edition



HEALTH & WELLBEING DIRECTORY

Mayoral Message

The City of Canada Bay is strongly committed to fostering an environment for the community that promotes a healthy city where people have access to qualified and experienced health and wellbeing professionals and services, opportunities to thrive through healthy activity and undertake varied leisure pursuits.



Council in partnership with local businesses continues to promote and deliver local health and wellbeing programs which are intended to encourage our community to pursue a healthy lifestyle and support local businesses.

This easy to navigate directory provides a listing of health and wellbeing industry professionals and service providers located within our community. By encouraging our local businesses and community to access their health and wellbeing services close to home then we are all contributing to a healthier lifestyle and city.

A handwritten signature in black ink that reads "Angelo Tsirekas". The signature is fluid and cursive.

Mayor Angelo Tsirekas
City of Canada Bay

To order a copy of this publication, contact City of Canada Bay during business hours on 9911 6555 or email business@canadabay.nsw.gov.au

Advertise in the 2012/2013 edition

Only health and wellbeing businesses located within the City of Canada Bay local government area are eligible to advertise in this publication. To advertise in the 2012/2013 edition, please contact Council's Economic Development Unit on 9911 6555 or email business@canadabay.nsw.gov.au. Applications to advertise close 30 April 2012.

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Rebates are available from Private Health Funds for many of the services listed in this directory.

For further information, contact the service provider or your Health Fund.

ALTERNATIVE THERAPY

Alternative therapies are those which offer alternatives to conventional diagnosis and therapies. Complementary therapies complement conventional medical treatment. This area of health includes a long list of therapies – herbalism, acupuncture, traditional Chinese medicine, aromatherapy, naturopathy and many more.



Sally Kingsford-Smith
Dip Herbal Medicine - Cert Psychotherapy
Naturopathic Herbalist

Herbal Medicine Flower Essences
Nutrition Iridology

Sally Kingsford-Smith - Naturopathic Herbalist *Est. 2002*

Address 37 Majors Bay Rd, Concord NSW 2137
Phone 9743 4611 / 0418 674 851
Email sallyks@tpg.com.au
Website [www.naturaltherapypages.com.au/
therapist/sallyks/18](http://www.naturaltherapypages.com.au/therapist/sallyks/18)
Contact Sally Kingsford-Smith

“Healing with Nature’s Pharmacy”
- Sally has helped many people to
feel their best naturally.

Areas of work: Alternative Therapy, Herbal Medicine (including iridology), ENAR therapy, Flower Essences (Australian Bush Flower and Bach), Biochemic Cell Salts

Qualifications: Dip Herbal Medicine, Cert ENAR therapy, Cert Psychotherapy

Years of Experience: 9 years

Areas of Expertise: Helping people overcome specific health problems such as fatigue, anxiety, headaches, sinus, aches and pains, digestive issues, women’s health etc and helping those who simply want higher levels of health, wellbeing and vitality

Publications: City of Canada Bay’s Health and Wellbeing forums

Additional Information: Do you want to enjoy better health? Have more energy? Be on top of your life instead of life being on top of you?

You only have one body and you want it to last you a lifetime so look after it well. These are simple & time proven therapies that work gently yet thoroughly to heal and nourish body and soul so that you can enjoy your life more fully. It is your body and your life and you have the power to make a positive change to your wellbeing, contact Sally for a chat and to arrange an appointment now!



Well and Truly Est. 2002

Address 170 Lyons Rd, Drummoyne NSW 2047
Phone 9181 2888
Email angela@wellandtruly.com.au
Website www.wellandtruly.com.au
Facebook facebook.com/wellandtruly
Twitter twitter.com/AngelaMeyer1
Linkedin Angela Meyer
Contact Angela Meyer

Open: Mon - Fri 10am to 7pm. Sat 9am to 1pm.

Areas of work: Alternative Therapy, Counselling and Reflexology

Qualifications: Practitioner Certificates in Reflexology, Reiki, Master Practitioner NeuroStrategies, Hypnosis and Energetic Healing.

Years of Experience: 20 years

Areas of Expertise: Cleansing/Detox of mind and food.

Hourly Rate: \$90 - \$120 per hour

Home Visits: Yes

After Hours: After hours appointments are possible

Publications: The Glebe. Body & Soul.

Personal one to one attention.
Consistent Better Health.

GOLF COURSES
in the
City of Canada Bay



Barnwell Park Golf Course

Address 551 Lyons Road West, Five Dock NSW 2046

Phone 9713 1162

Email admin@barnwellparkgolfclub.com.au

Website www.barnwellparkgolfclub.com.au

Massey Park Golf Course

Address Ian Parade, Concord NSW 2137

Phone 9743 1917

Email masseygc@bigpond.net.au

Website www.masseypark.com.au

BEAUTY THERAPY

A Beauty Therapist is qualified to carry out a wide range of treatments to the face and body. Treatments are designed to improve skin care and condition, and the work includes a range of therapy treatments for face and body, all designed to help improve facial and body conditions. All forms of aesthetic treatments promote a feeling of well-being.



Brigitte's Academie de Beaute *Est. 1981*

Address Shop 4, 110 Great North Road,
Five Dock NSW 2046
Phone 9713 1883
Email brigitte@brigitteacademie.com
Website www.brigitteacademie.com
Contact Brigitte Marden



Open: Mon, Tue, Fri 9am to 5.30pm. Wed & Thu 9am to 9pm. Sat 9am to 4pm

Areas of work: Beauty, Massage Therapy

Years of Experience: 30 years

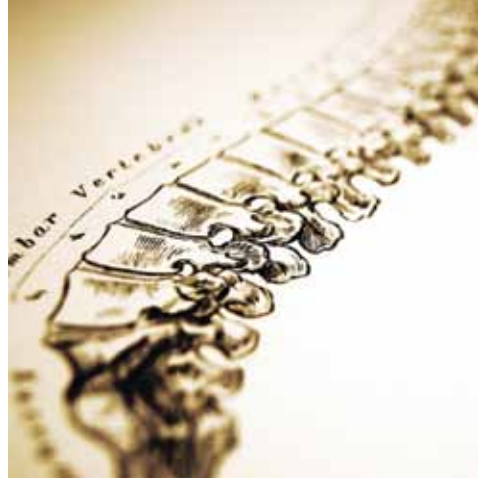
Areas of Expertise: Facials, waxing, laser, massage, microdermabrasion and anti aging treatments.

Rest a while in gentle ambience

CHIROPRACTIC

Chiropractic is a health profession, which diagnoses, manages and prevents spinal, bone and muscular disorders and their effects on the nervous system and general health. Chiropractors enhance your body's natural ability to repair itself without the use of drugs or surgery.

Chiropractic also benefits overall health and wellbeing through the promotion of a healthy, well functioning nervous system.



New World Chiropractic *Est. 1999*

Address Unit 3, 72A Great North Road, Five Dock NSW 2046

Phone 9687 4011

Email newworldchiropractic@gmail.com

Website www.newworldchiropractic.com.au

Facebook facebook.com/newworldchiropractic

Linkedin New World Chiropractic

Contact Dr Rosemarie Jabbour

Open: Varied opening hours

Areas of work: Chiropractic, Fitness, Massage Therapy and Sports Injury Treatment

Qualifications: B.Sc(Biol.Sc), B.App Sc(Clin. Sc), B.C.Sc Cert CCSP (USA), ICSSD

Years of Experience: 20 years

Areas of Expertise: Chiropractic & Sports Medicine

Home Visits: Yes, by appointment only

After Hours: Yes, by appointment only

Additional Information: We target the following areas: Back & Neck Pain, Headaches/Migraines, Pinched Nerves, Scoliosis, Muscle Pain, Disc Injuries, Poor Posture, Sports Injuries, Arthritic Pain, Sciatica, Optimal Athletic Performance, Sports, Therapeutic & Remedial Massage, Orthotics

Awards: Winner of WCA 2006 Most Outstanding Service to Chiropractic, Winner 2004 Western Sydney Business Awards.

If you have a spine, we'll keep it in line.
We are a Wellness Clinic -
specialising in getting you to optimal
health & then keeping you there.

COUNSELLING

Counsellors and Psychotherapists work with individuals, couples, families and groups to help them overcome a range of psychological and emotional concerns. With the client as an active participant, counsellors & psychotherapists use personal treatment plans and a variety of non-medical based treatments. A term often used interchangeably with Counsellor and Therapist.



Alpha Counselling Services

Alpha Counselling Services *Est. 2006*

Address Suite 1, 50 Great North Road, Five Dock NSW 2046

Phone 9712 5311

Email confidential@alphacounselling.com.au

Website www.alphacounselling.com.au

Facebook facebook.com/AlphaCounsellingServices

Contacts Stephanie Schwarz, Van Tester,
Enza Querin and Davide Di Pietro

Open: Business hours and some after hours and Saturday appointments available.

Areas of work: Counselling, Psychology

Qualifications: Our psychologists have met the requirements of the Psychology Board of Australia.

Years of Experience: Our psychologists have a range of experience - individual descriptions are available on our website.

Areas of Expertise: Individual, Child, Adolescent, Family and Couple Counselling.

Rate: Registered Psychologists: \$150. Clinical Psychologists: \$170 (for 55mins for individuals)

After Hours: Yes, by appointment only.

Additional Information: Alpha Counselling Services makes use of many resources, including the Resilience Doughnut, the Positive Parenting Program and Psychological Skills groups.

Because life happens.
We enjoy finding people's strengths and exploring creative ways to overcome difficult situations as well as offering strategies and information.



Five Dock Counselling & Psychotherapy Service *Est. 2009*

Address 2 Second Avenue, Five Dock
NSW 2046

Phone 0402 302 099

Email wendy@fivedockcounselling.com.au

Website www.fivedockcounselling.com.au

Facebook facebook.com/fivedockcounselling

Twitter twitter.com/fivedockcounselling

Linkedin Five Dock Counselling

Contact Wendy Gardiner

A supportive, safe and confidential environment with someone who cares.

Open: Mon & Fri 9am to 7pm, Tue - Thur 4pm to 9pm, Saturday 9am to 1pm

Areas of work: Counselling, Psychotherapy

Qualifications: Grad Diploma Counselling & Psychotherapy, Registered Nurse, Masters in Leadership

Years of Experience: 3 years

Areas of Expertise: Depression, Anxiety, Couples Therapy, Psychotherapy

Rate: \$120 Individual Full 60 min session, Couples \$140 for 75 min session.

After Hours: Yes, evening and Saturdays available

Additional Information: All of us have times in our lives when we feel that life is too much of a challenge and all things seem difficult. It may be difficult to find your way out, or change direction. Times like this can feel confusing, even frightening. You may be asking yourself what is happening to me?

Why is this happening in my life?

Seeing a counsellor gives you the chance to share the problem with someone who can provide a caring and safe environment. Often from adversity can come the greatest learning for us that occurs in life.



PSYCHmatters *Est. 2003*

Address 172 Majors Bay Rd, Concord NSW 2137

Phone 9736 2721

Email nesli@psychmatters.com.au

Website www.psychmatters.com.au

Open: Mon - Sat 9am to 7pm

Areas of work: Counselling, Psychology and Occupational Therapy

Years of Experience: 20 years +

Areas of Expertise: Infants to Adults, assessment and therapy

Home Visits: Yes, by appointment only.

Additional Information: At Psychmatters, we provide services of all types of psychology including assessment, diagnosis, treatment and reports.

We understand the need to maintain emotional balance, which can sometimes be met with life challenges and adversity.

We aim to provide the best possible treatment for our clients in effectively managing their approach to these changes through using a range of therapeutic interventions which address their individual needs.

Together, we work with our clients towards developing the skills and approaches necessary to achieve improved wellbeing.

Healthy Seniors



Senior Citizen Centres

Concord Senior Citizens Club

The Club holds its activities at the Concord Senior Citizen's Centre, on the corner of Bent and Wellbank Streets, Concord - Contact 9743 5793.

The club offers a number of activities including handicrafts & quilting, ballet for seniors, table tennis, chess, gentle exercise & pilates, dancing, day bus trips and many more.

Drummoyne Municipality Senior Citizens Club

The Club is located at 422 Lyons Road, Five Dock and they hold a Thursday luncheon & monthly outings. Contact 0418 462 870 for more information.



If you are young at heart, active, mobile, over 55 years of age and live in the City of Canada Bay come and join the Active Adults group!

The City of Canada Bay provides full day bus outings to exciting locations around Sydney and beyond.



Bay Connection bus trips are designed for people who:

- Live at home and would like to get out of the house
- Enjoy the company of others
- Would like to travel to a variety of interesting destinations

For more information about the Active Adults and Bay Connection Programs, please contact Council on 9911 6555 or visit www.canadabay.nsw.gov.au



What is Heartmoves?

Heart Foundation Heartmoves is a gentle physical activity program suitable for anyone who hasn't done any exercise in a while. You can exercise at your own pace, in a friendly atmosphere.

The program is a safe, quality controlled strength training and aerobic training program catered mainly for people over 50 years of age or those that have stable long term health conditions such as heart disease, diabetes or obesity.

Taking part in regular exercise sessions can help:

- Lower blood pressure
- Improve cholesterol control
- Manage weight
- Improve well being and quality of life
- Manage Diabetes
- Improve balance and flexibility
- Improve sleeping patterns

The 60 minute classes run Monday to Friday at 11:30am.

To find out more about Heartmoves call Five Dock Leisure Centre on 9744 2622, email info@fdlc.com.au or visit www.fdlc.com.au.



DANCE

Have fun dancing & get fit. There are many types of physical activities that people like to do but if you haven't tried dancing you may be overlooking the most fun fitness activity of all. It combines music, socialisation and exercise all in one. The great thing about dancing is that even a few minutes of it can improve your mood and your health. The best part is, you forget you're even exercising.



Ceroc & Modern Jive Dance Company *Est. 1991*

Address Local classes held at Canada Bay Club,
4 William Street, Five Dock NSW 2046

Phone 9410 1111

Email info@ceroc.com.au

Website www.ceroc.com.au

Contact Julie Gunn - Principal Dance Instructor

Open: Classes held 5 nights a week over 9 locations throughout Sydney

Areas of work: Dance, Fitness

Years of Experience: 20 years

Areas of Expertise: Dance, Fitness

Publications: City of Canada Bay - Explore My Village

Additional Information: Ceroc is a smooth and stylish partner dance blending jive, ballroom and swing. Classes operate on a weekly basis and our teachers provide a fun learning experience in a social environment. Singles and couples of all ages are welcome as classes are rotational.

Ceroc dancing is fun, social,
easy to learn and a fantastic
way to keep fit.

DIETETIC AND NUTRITION

Dietitians and nutritionists assist individuals and groups on nutritional practices designed to prevent disease and promote health. They prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications.



Health Mark Est. 2000

Address 13 Gipps Street (cnr Burwood Road),
Concord NSW 2137

Phone 0412 767 300

Email info@healthmark.net.au

Website www.healthmark.com.au

Contact Gina Saler



A holistic approach to
empowering you to better health
and a better life.

Open: Monday to Saturday by appointment

Areas of work: Alternative Therapy, Dietetic and Nutrition, Homoeopathy, Qigong and Reiki

Qualification: ATMS Accredited ATMS 8244, Diplomas in Nutrition and Homoeopathy, Courses in Reiki and Qigong

Years of Experience: 14 years

Areas of Expertise: Nutrition, weight loss, homeopathy, energy work, lifestyle, goal setting and personal development. Particular interest in children.

Home Visits: Yes, available by appointment

After Hours: Yes, available by appointment

Publications: Pharmacy News, Medical Observer, Well Being, Family Circle, ATMS Journal

Additional Information: I have a range of skills to offer depending on where you are at and what you hope to achieve. I am empathetic, a good listener and practical in my approach. I believe that every person can improve on their quality of life if they so wish. Even small things can make a big difference to your physical and emotional wellness. I take a very broad view of health and wellbeing and can incorporate knowledge and skills from many health modalities.

EARLY CHILDHOOD EDUCATION

Early Childhood Education is the formal teaching & care of young children by people other than their family. Typically early childhood education covers the period from birth to when a child starts school. An early childhood educator or teacher addresses the main areas of academically, socially, emotionally, and physically preparing a child during this age range. They also focus on protecting & caring for the child in the absence of his/her primary care giver.



Creating Balance Est. 2002

Address PO Box 314, Five Dock NSW 2046
Phone 0422 167 884
Email info@creatingbalance.com.au
Website www.creatingbalance.com.au
Linkedin Dympna Kennedy
Contact Dympna Kennedy

We show you once and for all that anyone - including you! - can parent without scenes, screams or stress.

Practical everyday solutions that are packaged with wisdom, humanity, an uncommon sense.
A must for all parents.

Open: By appointment, telephone and email support also available.

Areas of work: Early Childhood Educator, Massage Therapy, Yoga

Qualification: Dip RM, Dip Children's Services, International Certified Infant Massage Instructor & Baby Yoga Teacher

Years of Experience: 10 Years Experience (Practitioner, Trainer & Mother)

Areas of Expertise: Sharing tips, tools & techniques that actually work for stressed mums and screaming babies.

Hourly Rate: Contact to discuss rate for in-home private consultations or workshop/training group sessions.

Additional Information: If you are a parent looking for guidance and reassurance about how to establish, maintain or reclaim a relationship with your infant or toddler that is built on trust and respect, and not scenes, screams and stress contact us today to organise a personal consultation tailored to suit your specific needs and create balance in your home again.

Awards: Winner of Award for Excellence - Family & Children's Services

EXERCISE PHYSIOLOGY

Exercise Physiology is the scientific study of the acute & chronic metabolic responses of the human body to exercise, including biochemical & physiological changes in the heart & skeletal muscles. The health benefits of exercise have been well documented over many years and the role of the exercise physiologist is to apply the principles of exercise for rehabilitation to the specific needs of their clients and his/her injuries. The exercise physiologist will also aim to equip their clients with the necessary skills & knowledge to progress his/her own exercise program independently.



Elementary Health and Wellness

Est. 2010

Address 17a Tennyson Rd, Mortlake NSW
2137 (shares office with The Point
Physiotherapy)

Phone 9739 6221

Email info@elementaryhealth.com.au

Website www.elementaryhealth.com.au

Other <http://meetyourpersonaltrainer.com.au>

Contact Katie Ellem

Inspiring you to live well.
Health Rebates are available for
some training packages.

Open: Mon - Thur 6am to 8.30pm, Fri 6am to 6pm,
Sat 8am to 4pm

Areas of work: Alternative Therapy, Dietetic and
Nutrition, Fitness, Massage Therapy, Exercise
Physiology

Qualification: B.App.Sci (Exercise and Sports
Science), Dip Remedial Therapies Cert 3 and 4 Fitness

Years of Experience: 8 Years

Areas of Expertise: Exercise Physiology, Personal
Training, Massage Therapy, Group Fitness and Nutrition

Hourly Rate: \$15 - \$75 depending on
consultation type

Home Visits: Yes, available by appointment

Additional Information: At EHW we implement
strategies to promote self management, by equipping
people with the tools, knowledge and resources to
better manage their health. EHW is a young and
energetic company specialising in the delivery of
clinical exercise and lifestyle programs. We maximise
& maintain optimum health and well-being through
personal training, exercise physiology, and massage
therapy. We specialise in rehabilitation to balance
and condition the body for those who require it. The
subsequent balancing and conditioning of the body
increases energy levels and confidence for us to
engage fully with our increasingly busy lifestyles.

Fitness Clinic Est. 2010

Address 19/118 Queens Rd, Canada Bay 2046
Phone 9715 5463
Email info@fitnessclinic.com.au
Website www.fitnessclinic.com.au
Contact Zack Milkulich

Inner West leading Exercise Physiology,
 Sports Performance Clinic.
 Evidence-based approach for long lasting results.
 No Joining Fees, No Memberships,
 No Lock-in Contracts

Open: Mon - Fri 6am to 9pm, Sat 7am to 5pm
Areas of work: Counselling, Dietetic & Nutrition, Fitness, Massage Therapy, Exercise Physiology
Qualification: All of our staff are University qualified specialising in Exercise Physiology, Sport Science and Nutrition
Years of Experience: 10 Years
Areas of Expertise: Exercise Physiology & Dietary Advice
Hourly Rate: Client to client basis
Home Visits: Yes, available by appointment
Publications: Inner West Courier, City of Canada Bay - Explore My Village
Additional Information: Fitness Clinic is a recent Canada Bay Health and Fitness establishment run by experienced University qualified Exercise Physiologists, Dietitian & Rehabilitation Specialist. In the state of the art facility (including fully equipped gymnasium) we offer individual services by multidisciplinary approach in Weight Loss, Injury Rehabilitation, Strength Training, Sports Conditioning and Metabolic Testing. We are happy to offer complementary consultation to anyone interested in our services. Medicare/WorkCover/Private Health Funds Rebates available to eligible clients.

TENNIS COURTS
 in the
 City of Canada Bay



- Cintra Park Tennis Centre**
Address Gipps Street, Concord NSW 2137
Phone 9744 2767
Website www.wstennis.com.au
- Croker Park Tennis Courts**
Address 1 Henley Marine Drive, Five Dock NSW 2046
Phone 0404 246 164 - Steve Randjelovic
- Five Dock Tennis Courts**
Address Five Dock Park, Barnstaple Road, Five Dock NSW 2046 (next to Tigers Five Dock)
Phone 0425 277 237 - Mark Rutkis
- Greenlees Park Tennis Centre**
Address Wellbank St & Ian Pde, Concord NSW 2137
Phone 9743 1675
- Powells Creek Tennis Centre**
Address Conway Avenue, North Strathfield NSW 2137
Phone 9743 4845

FITNESS

Exercise is the key to achieving optimal health and remaining fit. Being fit involves the use of different components of the body which include the muscles, lungs, cardiovascular and skeletal system among others.

Exercise aids fitness in several ways and a personal trainer or fitness professional aids someone with their exercise program.



Bee Active Personal Training

Est. 2010

Address Suite 1, Level 1, 48 Majors Bay Rd,
Concord NSW 2137

Phone 8765 1628

Email adam@beeactive.com.au

Website www.beeactive.com.au

Facebook www.facebook.com/pages/Bee-Active-
Personal-Training/272307846293

Contact Adam Grono

Be healthy, be motivated, BEE ACTIVE.

Bee Active is family owned. Local and proud. Somewhere you'll feel welcome and supported and focused on your goal.

Open: Mon - Thu 5.30am to 9pm, Fri 5.30am to 7pm, Sat 7am to 12pm

Areas of work: Fitness, Personal Training & Bootcamps

Qualification: Minimum Certificate IV & Fitness Australia. Registration for all Bee Active trainers

Years of Experience: Over 15 years fitness experience

Areas of Expertise: Fat Loss & Toning, Fitness, Nutritional Guidance, Personal Training, Bootcamps, Free Creche

Publications: Inner West Courier, The Burwood Scene, The Sunday Telegraph

Additional Information: The journey to a better body and a happier, healthier lifestyle can be challenging. At Bee Active we aim to make that journey as exciting & enjoyable as possible. After all, if you enjoy the trip, you're likely to keep going until you get to your destination!

Our exercise programs are comprehensive & progressive. They change as you change. Our staff are friendly and knowledgeable, you'll learn a lot on this journey!

We help you regain control of your bodyshape and your life.



five dock **leisure** centre

Five Dock Leisure Centre *Est. 1991*

Address Cnr Queens Rd & Williams St, Five Dock NSW 2046

Phone 9744 2622

Email info@fdlc.com.au

Website www.fdlc.com.au

Facebook Five Dock Leisure Centre

Twitter Five Dock Leisure Centre

Where people come FIRST.
Servicing the Local Community
for over 20 years.

Open: Mon – Fri 5.30am to 10pm, Sat & Sun 8am to 7pm

Areas of work: Fitness, physiotherapy, yoga

Years of Experience: 20 years

Areas of Expertise:

Group fitness, weight loss & personal training.

Weight training, fitness assessment, personal fitness programs.

We also provide indoor soccer, netball, basketball, badminton, gymnastics for children & adults, catered birthday parties, child minding.

Rates: Membership & casual visits

Additional Information: We strongly adhere to the belief, that customers come FIRST. We have been servicing the community for over 20 years.

We cater for everyone, from infants, children, teenagers, adults and seniors all in a safe, healthy and welcoming environment.



Jacki's Aerobic Dancing *Est. 1981*

Address 1 McCulloch Street, Russell Lea NSW 2046

Phone 9712 0555

Email aerobicdancing@optusnet.com.au

Website www.aerobicdancing.com.au

Contact Diana Royds

The fitness program for
women based on dance

Open: There are various class times, refer to our website for details.

Areas of work: Fitness, Dance

Qualification: 28 years teaching dance, Senior First Aid Certificate

Years of Experience: 30 years

Areas of Expertise: Fitness, Dance

Publications: Sunday Telegraph Body + Soul, Inner West Courier

Additional Information: A fun and efficient fitness program for women. With 11 classes available per week in Abbotsford, Balmain, Burwood, Five Dock and Leichhardt, including 3 morning and 8 evening classes.



Vortex Performance Sports *Est. 2007*

Address 3/13-15 Millar St, Drummoyne 2047
Phone 9181 5827 / 0448 105 013
Email coachjr@vortexperformancesports.com
Website www.vortexperformancesports.com
Facebook Vortex Performance Sports
Twitter CoachJR
Contact Jean-Remi Campion

Expert run efficiency coaching & conditioning.
Australia's only Certified ChiRunning & ChiWalking Instructor.

Open: 5.30am till late

Areas of work: Fitness, Australia's only Certified ChiRunning & ChiWalking Instructor

Qualification: Certified ChiRunning & ChiWalking coach, Certified ASCA Strength & Conditioning coach, French Diploma in Sports coaching

Years of Experience: 27 years experience of run coaching and strength & conditioning coaching

Areas of Expertise: Run, walk and sports specific postural analysis & coaching

Hourly Rate: from \$60 per hour

Home Visits: Yes, available by appointment

Publications: Getaways, Virgin Blue "voyager", Channel Seven "Sunday night".

Additional Information: Services & areas of expertise: ChiRunning & ChiWalking: (Pain and injury free running), Run Efficiency Analysis, Individual Sport Specific Fitness Coaching & Conditioning, Boxing / self defense and martial arts training/coaching, Resting Metabolic Rate Testing & Analysis, VO2 Max Sports Performance Testing & Analysis, Computrainer Cycling Efficiency Analysis, Certified & Experienced Bike Fitting & Natural alternative pain management.

SWIMMING CENTRES in the City of Canada Bay



Cabarita Swimming Centre

Address Cabarita Road, Cabarita Park, Cabarita NSW 2137

Phone 8757 3059

Email cabarita@belgravialeisure.com.au

Website www.cabaritaswimmingcentre.com.au

Drummoyne Swimming Centre

Address 1p Henley Marine Drive, Drummoyne NSW 2047

Phone 9181 1530

Email canadabay@belgravialeisure.com.au

Website www.drummoyneswimmingcentre.com.au

LIFE COACHING

Life Coaching sometimes can be confused as a type of therapy however it is not. Even though a Life Coach addresses many areas of a persons life, rather than acting as a therapist, they assist a person through the processes of addressing and developing various personal projects, relationships, business successes and general transitions in life. Life coaching helps you look at where you are now and where you'd like to be, and they work with you to bridge that gap.



Happy Mums Happy Kids *Est. 2011*

Address PO Box 89, Drummoyne 1470
Phone 0410 137 557
Email marija@happymumshappykids.com.au
Website www.happymumshappykids.com.au
Contact Marija Castellari

Our passion is to help you discover your highest potential so you can live your best life! Specialising in helping mums to live their life best life, and still feel at peace with their mothering decisions.

Open: By appointment

Areas of work: Life Coaching, Alternative Therapy

Qualifications: Associated Certified Meta-Coach (ACMC), NLP Master Practitioner, Practitioner of Hypnotherapy, Practitioner of Matrix Therapies

Years of Experience: 1 year

Areas of Expertise: Helping mums to feel more empowered and confident; to discover their potential and to live their best life.

Home Visits: Telephone Coaching is also available

After Hours: Yes, available by appointment

Additional Information:

Are you ready to:

Feel more empowered?

Learn how to create & achieve your goals?

Increase your energy, vitality and health?

Discover and live your life purpose?

Reach and maintain your ideal body weight?

Discover your career goals?

Use your time more efficiently?

If you answered, "Yes" to any of the above, then phone today to book in your FREE Introductory session to see the difference coaching can make to your life.

MASSAGE THERAPY

Remedial Massage is a holistic treatment and involves the use of massage and a wide range of diagnostic techniques to treat a condition.

Remedial massage can be helpful in treating specific areas of muscle tension caused by stress or injury and can help get the blood flowing to injured tissues to speed up recovery.

Remedial massage can also be used for relaxation and general wellbeing. The therapy has both short and long-term effects on the body.



Thai Beauty Est. 2007

Branch 1 148 Great North Rd, Five Dock 2046

Phone 9712 2555 or 0412 939 827

Branch 2 184 Victoria Rd, Drummoyne 2047

Phone 9181 1139 or 0412 939 827

Email rittavorn@yahoo.com

Website www.doungpornthaibeauty.com.au

Facebook Doungporn Thai Massage and Spa

Contact Doungporn Rittavorn

Thai Beauty offer therapies that are an excellent way to help prevent and cure pain.

Open: 10am to 9.30pm

Areas of work: Massage Therapy, Reflexology

Years of Experience: 15 years

Areas of Expertise: Thai Massage, Remedial Massage, Sports Massage, Reflexology, Ivory Massage

Hourly Rate: from \$65 per hour

After hours: Yes, available by appointment

Home Visits: Yes, available by appointment

Additional Information: Doungporn Thai Beauty have been in the Health & Fitness for over 15 years & have been holding training programs for Health Clubs around Thailand for the past 6 years & have recently owned and managed Thai Beauty and Thai Massage in Australia for 5 years.

Using Thai Herbs for Thai Spa & Thai Massage today embraces all the techniques developed over the centuries for optimum health. It helps to improve circulation, ease tension from the body & soul and at the same time to bestow of feeling of peace & ease.

Massage can relieve headaches pain, sports injuries, and can restore the equilibrium of the body.

OPTOMETRY

Optometrists are health professionals who are qualified to examine your eyes for vision and eye disorders, and for health problems involving the eyes. They can treat these problems, prescribe, supply and fit optical aids and provide expert advice on eye care and eye health.



www.paulmccarthyoptom.com.au | www.sportsight.com.au

Paul McCarthy Optometrist Est. 1984

Address Shop 2, Sutton Place Shopping Centre,
Cnr Lyons & Victoria Rds, Drummoyne
2047

Phone 9181 3157

Email vision@paulmccarthyoptom.com.au

Website www.paulmccarthyoptom.com.au

Contact Paul McCarthy

Continuity of Care, Competitive
Products, Customer Service,
Child-Friendly and
Connected to our Community.

Open: Mon - Wed & Fri 9am to 5.30pm, Thu 9am to 7pm, Sat 8.30am to 12 noon

Areas of work: Optometry

Qualifications: Paul holds a Bachelor of Optometry degree from the University of NSW and is registered with the Optometry Board of Australia

Years of Experience: Paul has been caring for the vision of City of Canada Bay residents for over 25 years

Areas of Expertise: Eye examinations for adults and children, sports vision, eye health screening, contact lens fitting & supply - visit our website for more information on our services. Medicare Bulk Billing and HICAPS private health fund claiming available.

Additional Information: As an independent optometrist who owns his own practice, Paul ensures that each visit provides continuity of care by him to monitor your eye health. Our competitively priced frames and sunglasses suit all lifestyles and budgets and there's something else we offer - true customer service!



Jenny Livanos OPTOMETRIST

Concord Eye Care Est. 2000

Address 227 Concord Road, North Strathfield
NSW 2137

Phone 8765 9600

Email concordoptometrist@hotmail.com

Website www.concordeyecare.com.au

Contact Jenny Livanos

Open: Mon - Fri 9am to 5pm, Sat 9.30am to 2.30pm

Areas of work: Optometry

Qualifications: Bachelor of Optometry (Honours), Diploma in Natural Therapies; Diploma in Holistic Counselling

Years of Experience: Over 20 years

Areas of Expertise: Optometry, Eye Disease, Kids Vision

After hours: Yes, some evenings until 7pm

Additional Information: Eye tests billed fully under Medicare. Huge range of budget through to designer frames, sunglasses, lenses, contact lenses, safety glasses and accessories. Also feature monthly neuro-developmental optometrist for children, learning, sports, vision improvement.

Looking after your eyes, naturally.
Holistic approach to eye care.

LIVI'S PLACE & OTHER PLAYGROUNDS in the City of Canada Bay



Livvi's Place - Timbrell Park, Five Dock

Livvi's Place is an all abilities playground purposely designed and built to enable children and parents of all abilities and ages to play side-by-side on the same equipment, ensuring integration of children and families with special needs, making it the first of its kind in Australia.

Livvi's Place offers a range of specialised equipment including a powered carousel (the first of its kind in Australia), a snakes and ladders activity path, a sensory maze, an activity climbing net, a sway bridge and wobble walk, a special all abilities ramp and slide, and more.

The ground-breaking playground was an initiative of the City of Canada Bay, Touched by Olivia Foundation and Leighton Contractors.

The City of Canada Bay local government area is renowned and valued for its open space and parks. For a list of local playgrounds, visit www.canadabay.nsw.gov.au - Recreation and Lifestyle page.

PHARMACY

Pharmacists provide an important role in the healthcare system through the supply and management of medicines. A pharmacist is a medicines expert who may dispense medicines, provide primary care and medicines advice, and manage a patient's medication requirements.



Cincotta Discount Chemists

Est. 2008

Cincotta Chemist Five Dock

Shop 1a, 125 Great North Rd, Five Dock 2046

Phone 9713 4729

Email info@cincottachemistfd.com.au

Cincotta Chemist Burwood

3/213 - 235 Parramatta Rd, Five Dock 2046

Phone 9745 6373

Email info@cincottachemistbw.com.au

Website www.cincottachemist.com.au

Facebook cincotta chemist five dock

Contact Sally Tadros

Open: Mon - Fri 8.30am to 8pm, Sat - Sun 9am to 6pm

Areas of work: Pharmacy, Dietetic and Nutrition, Sleep Apnea (CPAP)

Qualifications: Pharmacist

Years of Experience: 5 years chemist experience with Cincotta Chemist as a brand since 1952

Areas of Expertise: Sleep Apnea (CPAP), Medication Reviews, Breast Pump rental & other Health hire equipment, Oxygen tank replacement

Home Visits: Yes for Medication reviews, Free home deliveries for medication.

Additional Information: Lowest prices guaranteed & professional advice. Both Chemists in Five Dock are Open 7 Days a week. The Parramatta Road store (next to officeworks & McDonalds) is open till 10.30pm, which is the latest pharmacy open in the Canada Bay area.

Open 7 Days.
Lowest Prices Guaranteed on all
Prescriptions & Health Needs



Concord Healthsense Pharmacy

Est. 2004

Address 63 Majors Bay Rd, Concord
NSW 2137

Phone 9743 2060

Email concordhealthsense@yahoo.com.au

Open: 8.30am to 8.30pm - 7 days a week

Areas of work: Pharmacy

Qualifications: Quality Care Accredited Pharmacy,
NDSS Agent

Areas of Expertise: Advice, Baby Nurse on
Wednesdays, Naturopath on Saturdays

Home Visits: Yes, for Medication reviews

Additional Information: Experienced staff who
provide expert advice.

We will match any competitors advertised price on
prescriptions!

Great Prices and Great Service.
Experienced staff who provide
expert advice.



Destro's Pharmacy *Est. 1987*

Address 197-201 Victoria Road, Drummoyne
NSW 2047

Phone 9181 2434

Email health@destropharmacy.com.au

Contact Silva Minassian

Open: 8.30am to 10.05pm - 7 days a week and all
public holidays (except Christmas Day)

Areas of work: Pharmacy

Qualifications: Bachelor of Pharmacy

Years of Experience: 23 years

Areas of Expertise: Full medication counselling,
Alternative Medicine, breast pump hire, wide range
of vitamins and luxury cosmetics. Fragrances and a
fabulous range of gifts.

Home Visits: We deliver for free Mondays to
Fridays 10am to 12 noon to the Canada Bay area,
as well as to Gladesville and Hunters Hill

Additional Information: Personal service with
convenient location, 7 days and nights till 10.05pm.

One stop shopping with a wide
range of products.
Open 7 days till 10.05pm.
Free 2 hour Council parking at rear.

PHYSIOTHERAPY

Physiotherapy uses a variety of techniques to help your muscles and joints work to their full potential. It can help repair damage by speeding up the healing process and reducing pain and stiffness. Physiotherapists also have an important role in rehabilitation, for example, helping people who have had strokes to relearn basic movements.



Five Dock Physio *Est. 1980*

Address 2 Second Avenue, Five Dock
NSW 2046

Phone 9713 4284

Email fivedockphysio@y7mail.com

Website www.fivedockphysio.com

Open: 7am to 7pm and all public holidays (except Christmas Day)

Areas of work: Physiotherapy

Qualifications: Physiotherapy

Years of Experience: 23 years

Areas of Expertise: Sports, women's health, orthopaedics, pediatrics, occupational injuries.

Home Visits: Yes

Additional Information: Five Dock Physio prides itself on being able to help those who haven't been able to be helped by anyone else.

Physiotherapy for all ages,
injuries, aches and pains!



The Point Physiotherapy, Est. 2010

Address 17 Tennyson Rd, Mortlake
NSW 2137 (shares office with
Elementary Health & Wellbeing)

Phone 9739 6221

Email dcthepoint@gmail.com

Website www.elementaryhealth.com.au

Facebook The Point Physiotherapy and Exercise
Clinic

Contact Dianne Porter (Churchyard)

Musculoskeletal Physiotherapist
& Sports Injuries Specialist

Open: Mon - Fri 9am to 7pm, Sat 8am to 12noon

Areas of work: Musculoskeletal Physiotherapist

Qualifications: B.App. Sci (Physio), Grad Dip
Manipulative Therapy

Years of Experience: 20 years

Areas of Expertise:

Backs and Necks

Musculoskeletal Injury

Injury prevention and Rehabilitation

Women's Health

Core Stability programs

Dry Needling

Orthopaedics

Home Visits: Yes, available by appointment.

Additional Information: Dianne has worked as a physiotherapist for the last 20 years and uses a holistic approach in her treatments combining manual therapy, dry needling and exercise prescription. A keen sportswomen, Di has worked with top level athletes and sports teams providing physiotherapy services, working at the NSW academy of Sport in Narrabeen, before setting up The Point.

HEALTH & WELLBEING INFORMATION in the City of Canada Bay



Wanting to access Health and Wellbeing information resources 24/7?

The City of Canada Bay Library Services provides electronic resources including online databases and reference links on these topics.

The resources contain full-text articles, journals, reports as well as useful reference links from the leading health and wellbeing organisations and providers.

The resources can be accessed at the library or at home. All you need is a library membership number.

For more information, please contact
Concord Library 9911 6210 or
Five Dock Library 9911 6310.

Healthy Kids

School Holiday Program



Provides a variety of leisure and recreation activities for children aged 5-12 years including workshops, excursions, clinics for a two week period during school holidays. For more details visit www.canadabay.nsw.gov.au - Bayside Kids Holiday page.



Children @ the Libraries

The City of Canada Bay library service offers a range of services and activities for children from birth to Year 6 including Preschool, Storytime, after school book groups and school holiday activities.

For more details visit www.canadabay.nsw.gov.au - Activities - Birth to Year 6 web page.

Parenting Program

In partnership with Drummoyne Community Centre, Council provides a quarterly calendar of programs, workshops and seminars designed to increase understanding of parenting issues and an opportunity to discuss ideas and strategies. For more details visit Drummoyne Community Centre - www.dcc.org.au

Teen Gym

Caring, helping and shaping our future!

Studies show that obesity is rapidly becoming a major issue within society and its adolescents. Five Dock Leisure Centre offers a Teen Gym program, which caters for all teenagers between the ages of 10-16 years.

The program caters for beginners to advanced and works on:

- The fundamentals of exercise.
- Creating Healthy Habits.
- Building a healthier lifestyle for teenagers within the local community.

Classes are run on Tuesday & Thursday afternoons between 4:30pm – 5:30pm. Each teenager will receive an initial fitness assessment to assist in formulating an exercise program to suit their needs.

Go 4 Fun

For a fitter, healthier and happier life!

Go 4 Fun is a NSW Health initiative designed to support children and families to achieve healthier lifestyles.

Go4Fun incorporates the MEND program, which is an internationally recognised healthy lifestyle program designed to improve the health and fitness of 7-13 year old children.

The program is an established healthy lifestyle program to improve health, fitness, self esteem and confidence in children above their ideal weight. The program runs over one school term, all sessions are run after school and it is **FREE** of charge to participants.

The program involves 20 sessions (2 sessions/week, 2hrs/session). Sessions include:

- Games, activities and swimming for kids
- Easy, effective ways to improve your child's self esteem and confidence
- Demonstrations, games and tips on healthy foods, label reading and portion sizes
- A fun supermarket tour and a chance to try delicious new foods!

For more information on Teen Gym and Go 4 Fun contact Five Dock Leisure Centre on 9744 2622, email info@fdlc.com.au or visit www.fdlc.com.au.

Useful Website Links

- Healthy Kids - www.healthykids.nsw.gov.au
- KidSafe NSW - www.kidsafe.org
- NSW Centre for Parenting - www.parenting.nsw.gov.au
- Raising Children Network - www.raisingchildren.net.au



PODIATRY

Podiatry is the diagnosis and treatment of disorders of the foot and lower leg. Podiatrists are responsible for treating these disorders, which are often painful and debilitating. They are also concerned with ensuring that mobility and independence is retained.



Concord Foot Clinic *Est. 2000*

Address 221 Concord Road, North Strathfield
NSW 2137

Phone 9743 1404

Email rhiann.duncan@gmail.com

Contact Rhiann Duncan

Open: Mon - Wed 8am to 5pm, Thu 8am to 7pm,
Fri 8am to 2pm

Areas of work: Musculoskeletal Physiotherapist

Qualifications: Dip Health Science (Podiatry),
Member Australian Podiatry Association and Sports
Medicine Australia

Years of Experience: 10 years

Areas of Expertise: All aspects of podiatry, general
foot care and sports podiatry

Home Visits: Yes, available by appointment

Additional Information: We provide a friendly,
informative and educational service to all in need of
foot care.

Total foot care for the
entire family

REFLEXOLOGY

Reflexology is a complementary therapy, which works on the feet to aid healing of the entire body not just the prevailing symptoms.

Reflexology can be used to help restore and maintain the body's natural equilibrium. Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions.



Sue's Healing Haven Est. 2005

Address 23 Ludgate Street, Concord NSW 2137
Phone 9743 4017
Email sue@sueshealinghaven.com.au
Website www.sueshealinghaven.com.au
Contact Sue Larkin

Heal yourself, heal your life.
We use an integration of
complementary health strategies to
address health issues.

Open: Tue, Wed, Thur & Sat 9am - 6pm available by appointment

Areas of work: Reflexology, Alternative Therapy, Massage Therapy, Prime Tuning of Cells teacher and practitioner

Qualifications: B.A. Dip. Ed. Professional Reflexologist with Health Fund Provider No.

Years of Experience: 20 years in Education & Health

Areas of Expertise: Reflexology for Health & Pain, Stress Management, Energetic Healing, Massage Therapy Hourly Rate: \$85 (pls gst) - Health Fund Rebates available

Home Visits: Yes, available by appointment.

Publications: Bayside Brief, Inner West Courier, Innerself Magazine, Ciao Magazine

Additional Information: Initial consultation involves a thorough case history of health & related life events. Treatment is via deeply relaxing acupressure massage on body, feet and face. A Plan of Action is developed for digestive, immune & hormonal support, incorporating supplements & reflexology. Our strategy for treatment is client specific & can include a holistic approach in cooperation with the client and their needs.

SPEECH PATHOLOGY

Speech pathology, previously called speech therapy, is the diagnosis, management and treatment of individuals who are unable to communicate effectively or who have difficulty with feeding and swallowing. Speech Pathologists assist in all forms of communication disorders and when people overcome these disorders it helps build overall confidence both academically & socially.



Heather Craven Speech Pathologist

Heather Craven Speech Pathologist
Est. 2008

Address 9 Cormiston Avenue, Concord NSW 2137
Phone 0418 629 028
Email heathercraven@bigpond.com
Website www.heathercraven.com.au
Contact Heather Craven

Open: Mon - Thu 8.30am to 5pm by appointment

Areas of work: Speech Pathology

Qualifications: Certified Practising Speech Pathologist, Member of Speech Pathology Australia

Years of Experience: 30 years

Areas of Expertise: Early Childhood intervention in particular working with families of children with Autism Spectrum disorder and developmental delays.

Publications: Local newspapers, Speech Pathology Australia, St Anthony's Family Care

Additional Information: Certified Hanen Parent Program Leader, It Takes Two To Talk, More Than Words, TalkAbility. Experienced in using and teaching alternative and augmentative communication systems.

Parents and children
communicating together.
Family focussed, child
centred practice.

Locate your
Health & Wellbeing
Practitioner in the
City of Canada Bay



City of Canada Bay Health and Wellbeing Business Directory

Alternative Therapy

- 1 Sally Kingsford-Smith - Naturopathic Herbalist
37 Majors Bay Rd Concord 9743 4611
- 2 Well and Truly
170 Lyons Rd Drummoyne 9181 2888

Beauty

- 3 Brigitte's Academie de Beaute
Shop 4, 110 Great North Rd Five Dock 9713 1883

Chiropractic

- 4 New World Chiropractic
Unit 3, 72a Great North Rd Five Dock 9687 4011

Counselling

- 5 Alpha Counselling Services
Suite 1, 50 Great North Rd Five Dock 9712 5311
- 6 Five Dock Counselling & Psychotherapy Service
2 Second Ave Five Dock 0402 302 099
- 7 Psychmatters
172 Majors Bay Rd Concord 9736 2721

Dance

- 8 Ceroc & Modern Jive Dance Company
Classes held at Canada Bay Club 4 William St
Five Dock 9410 1111

Dietetic & Nutrition

- 9 Health Mark (Nutrition and Homoeopathy)
13 Gipps St Concord 0412 767 300

Early Childhood Education

- 10 Creating Balance
PO Box 314 Five Dock 0422 167 884

Exercise Physiology

- 11 Elementary Health and Wellness
17a Tennyson Rd, Mortlake 9739 6221
- 12 Fitness Clinic
19/118 Queens Rd Canada Bay 9715 5463

Fitness

- 13 Bee Active Personal Training
Suite 1, Level 1, 48 Majors Bay Rd Concord 8765 1628
- 14 Five Dock Leisure Centre
Cnr Queens Rd & Williams St Five Dock 9744 2622
- 15 Jacki's Aerobic Dancing
1 McCulloch St Russell Lea 9712 0555
- 16 Vortex Performance Sports
3/13-15 Millar St, Drummoyne 0448 105 013



Life Coaching

- 17 Happy Mums Happy Kids
PO Box 89 Drummoyne 0410 137 557

Massage Therapy

- 18 Thai Beauty
148 Great North Rd Five Dock 9712 2555
- 19 Thai Beauty
184 Victoria Rd Drummoyne 9181 1139

Optometry

- 20 Paul McCarthy Optometrist
Shop 2 Sutton Place Shopping Centre Cnr Lyons &
Victoria Rds Drummoyne 9181 3157
- 21 Concord Eye Care
227 Concord Rd North Strathfield 8765 9600

Pharmacy

- 22 Cincotta Chemist Five Dock
Shop 1a/125 Great North Rd Five Dock 9713 4729
- 23 Cincotta Chemist Burwood
3/213 - 235 Parramatta Rd Five Dock 9745 6373
- 24 Concord Healthsense Pharmacy
63 Majors Bay Rd Concord 9743 2060
- 25 Destro Pharmacy
197 - 201 Victoria Rd Drummoyne 9181 2434

Physiotherapy

- 26 Five Dock Physio
2 Second Ave Five Dock 9713 4284
- 27 The Point Physiotherapy
17 Tennyson Rd Mortlake 9739 6221

Podiatry

- 28 Concord Foot Clinic
221 Concord Rd North Strathfield 9743 2137

Reflexology

- 29 Sue's Healing Haven
23 Ludgate St Concord 9743 4017

Speech Pathology

- 30 Heather Craven Speech Pathologist
9 Cormiston Ave Concord 0418 629 028

Get active, get healthy & WIN!

Win a FREE monthly membership pass every month at Five Dock Leisure Centre

Every time you refer (must be a registered Health Practitioner) or visit (consumer) a health and wellbeing practitioner listed in this Directory, you have a chance of winning a month membership pass to **Five Dock Leisure Centre**, which includes a free assessment and exercise program - Valued at **\$137**. There will be a free pass drawn every month.

Each monthly draw closes on the last day of the month and is drawn on the first business day of the following month.



five dock **leisure** centre

For your chance to win enter online at www.go-local.com.au and click on 'Win by shopping and Dining Locally' or send your receipt into

Health and Wellbeing Directory Competition,
City of Canada Bay Council, Locked Bag 1470, Drummoyne NSW 1470.

Offer valid from 1 July 2011 to 30 June 2012.

For full Terms & Conditions go to www.go-local.com.au.

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Drummoyne NSW 2047 ABN 79 130 029 350

Disclaimer: Council supports its local business community through facilitating programs and promotions, however no individual business is endorsed by Council. Businesses featured

in this brochure have purchased advertising and consumers need to make their own enquiries as to a business's reputation, products and services.

Contact: Council's Economic Development Unit on 9911 6555 or email business@canadabay.nsw.gov.au