



AV CHIRO HOLIDAY EDITION

Clinic Hours

Tuesday 02/01/2018

Dr Mark Whitfield 12pm-6pm

Nick 10am-6pm

Wednesday 03/01/2018

Dr Mark Whitfield 7am-1pm

Nick 7.15am-2pm

Thursday 04/01/2018

Dr Mark Whitfield 7am-1pm

Nick 7.15am-2pm

Friday 05/01/2018

Dr Mark Whitfield 12pm-6pm

Nick 10am-6pm

Saturday 06/01/2018

CLOSED

Monday 08/01/2018

Dr Matthew Platz 7am-1pm

Nick 7:15am-2pm

Tuesday 09/01/2018

Dr Matthew Platz 9.30am-6pm

Dr Mark Whitfield 12pm-6pm

Nick 10am-6pm

Wednesday 10/01/2018

Dr Mark Whitfield 7am-1pm

Nick 7.15am-2pm

Thursday 11/01/2018

Dr Matthew Platz 7am-6pm

Dr Mark Whitfield 7am-1pm

Nick 7.15am-2pm

Friday 12/01/2018

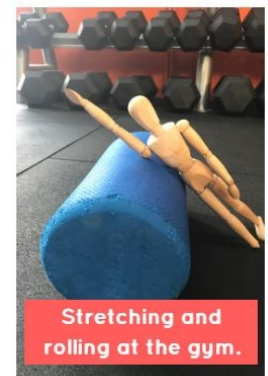
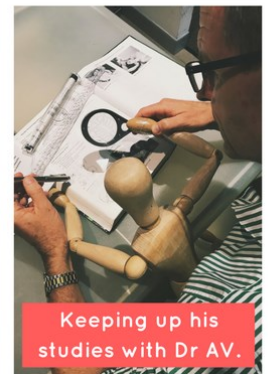
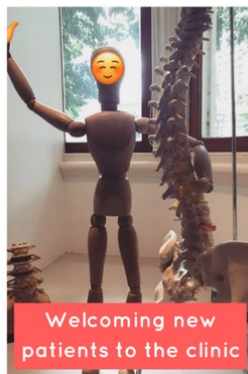
Dr Mark Whitfield 12pm-6pm

Nick 10am-6pm

Saturday 13/01/2018

CLOSED

Chiro Man's 2017 Adventures!



From all the team at AV Chiro we would like to wish our patients safe and happy holidays! We look forward to seeing everyone in 2018 for another year of good health, great company, and well adjusted joints!





KATALYST CHRISTMAS SPECIAL

PALEO WHITE CHRISTMAS

INGREDIENTS

- 2 cups shredded coconut
- 1/4 cup coconut cream
- 1/2 cup pistachios
- 1/2 cup macadamias
- 1/2 cup dried cranberries
- 1/2 cup dried goji berries
- 2tsp vanilla extract
- 2tbsp coconut sugar (optional)

METHOD

Combine coconut milk and shredded coconut in a food processor and mix until it forms a buttery consistency then remove and place aside.

Take the pistachios and macadamias and lightly crush/pulse in the food processor.

In a bowl mix all ingredients together (incl dried fruit etc)

Smooth the mixture into a tray and refrigerate until it has hardened.

Serve and enjoy!

STAFF NEWS

Andrew is going to be catching and releasing flathead over the summer months.

Mark has just recovered from the stress of his son returning from schoolies.

Matt is looking forward to Mila's first Christmas!

Nick has no news.

Kate has had a busy few months starting up Katalyst Nutrition and is looking forward to well deserved down time.

Louise is planning peaceful days while AV is away catching and releasing.

Kara is off on leave for the next 6 months as she welcomes her first baby to the world.

Jasmine is looking forward to family time and adventures over the holidays!

Sarah is looking forward to x-mas dinner!

Ollie is looking forward to his holiday to Bali!

Michelle is looking forward to the uni break and spending time with her family from South Africa.



CLINIC NEWS

- The clinic will be closing this Christmas and New Years from 22/12/2017 - 02/01/2018
- Andrew is taking a well deserved holiday and will be away from the clinic 22/12/2017 - 15/01/2018
- Matt is away 22/12/2017 - 08/01/2018
- Mark is away 15/01/2017 - 23/01/2018
- The clinic will be doing restricted hours for the first part of January when Andrew is away. For full list of opening hour please see the front page and stay updated via our Instagram and Facebook. The clinic will resume normal opening hours from 15/01/2018.

