

# Darling Corner Osteopathy

## Summer 2024 Newsletter



### **Welcome Summer!**

As we wrap up 2024, we want to take a moment to express our heartfelt gratitude to you, our valued clients. Your continued trust and support have made this year truly amazing, and we're so privileged to have been part of your health and well-being journey. You can read below for everything that we have been grateful for this year!

With summer in full swing, it's the perfect time to prioritise your health, stay active, and soak up some sunshine. Physical movement and the natural boost of Vitamin D from sunlight are essential for supporting mental health, improving mood, and enhancing overall wellness.

Whether it's a walk in nature, a dip in the ocean, or simply taking a few moments to feel the sun's warmth on your skin, we encourage you to embrace

these simple yet powerful ways to nurture your well-being this summer.

From the bottom of our hearts, we thank you for being part of our community.  
We look forward to continuing to support you in 2025 and beyond.



Practitioner Focus: Welcome Tiffany!

Tiffany holds a Bachelor of Biomedical Science from ACU and both a Bachelor of Science and a Master of Health Science in Osteopathy from Victoria University. Her approach to osteopathic care was profoundly shaped during her fifth year of study through one-on-one mentoring with Tim Taylor. With experience treating patients in Collingwood, Flagstaff, and community clinics, Tiffany has honed her skills in pain management and rehabilitation, bringing joy and lasting impact to the diverse individuals she supports.



Passionate about holistic care, Tiffany develops personalised treatment plans that address the unique needs of each patient, especially those with acute injuries, chronic conditions, and sports-related issues. She considers lifestyle, medications, and age in her comprehensive approach to well-being. When not practicing osteopathy, Tiffany enjoys staying active outdoors, diving into a good book, and spending quality time with family and friends, embodying her belief in the importance of balance in life and health.

**[Click here to Book in with Tiffany: Monday, Thursday or Fridays](#)**

## Things We Are Grateful For In 2024

Tim - Osteopath

2024 has been a year of reflection, growth, and achievement. On a personal level, selling my home of 20 years was a poignant milestone, prompting deep reflection on life's journey. In my 30 years of practice, I've been inspired by patients facing extraordinary health challenges. Their resilience and determination continue to be my guiding force, reminding me of the profound impact osteopathy can have on people's lives. These individuals are my guardian angels, motivating me to keep striving to provide exceptional care at Darling Corner.

Professionally, it's been a rewarding year for Darling Corner. We celebrated the achievements of our incredible team, with Simon Blair solidifying his role, the return of Hannah Wilkinson from maternity leave, and Courtney Shaw's continued excellence in rehabilitation services. We also welcomed Tiffany Romero, who blossomed from a fifth-year student into a confident graduate, enduring my best (and worst) dad jokes along the way. This year also marked my 20th anniversary at Darling Corner — a milestone I'm excited to celebrate more vigorously in 2025.

I'm immensely grateful for the support of my team, which allowed me to take a five-week sabbatical to my ancestral homelands of the UK including Wales, Scotland, and Ireland. It was a journey of reflection, learning, and self-discovery, but I was equally happy to return home to Australia's sunshine and to my four delightful children.

This year has also been filled with professional development. I had the privilege of completing advanced pediatric training with Dr. George Stylian in July, deepening my knowledge in this vital area. I also trained with world-renowned Dr. Paolo Tozzi, engaging in rich conversations about the myo-fascial system that reaffirmed the value of my approach to osteopathic techniques. Additionally, I served as an assistant for Dr. Louisa Miraglia's pediatric program, a rewarding challenge that allowed me to support others learning to treat complex pediatric issues such as breastfeeding difficulties and plagiocephaly. To top it off, I had the honor of co-hosting the 'Fit for Practice' seminar alongside two other incredible colleagues.

Looking back, 2024 has been a transformative year. I'm deeply thankful for my team, my clients, and the experiences that have shaped both my personal and professional journey. Here's to embracing 2025 with renewed energy, wisdom, and heart.





Hannah- Osteopath

This year has been full of highlights, from watching our baby girl grow into her cheeky, curious self to buying our own home. We're grateful for it all and looking forward to what's next.



Ineke- Chinese Medicine and Acupuncture

2024 has been a year of challenges, but also one filled with gratitude. I'm incredibly thankful for my two spirited little ones who keep me on my toes and bring endless joy to my days. Watching them grow and evolve into amazing little humans is a privilege beyond words. Our adventures across regional Victoria and interstate have created memories I'll cherish forever.

I'm equally grateful for the work I do. Coming into work each day is a true joy, and I feel lucky to be part of a profession I love. As 2025 approaches, I'm ready to embrace whatever challenges and surprises come my way with optimism and an open mind.

Erin - Receptionist

I am grateful for my wonderful husband, our amazing honeymoon in Italy and the life we have created with our furkids.







Tiffany- Osteopath

I am deeply grateful for my wonderful family, whose unwavering support has been a constant source of strength throughout the many changes this year has brought. I am also sincerely thankful for the incredible opportunity and the continuous encouragement I have received from Darling Corner as I transition into this new chapter of my professional journey.

Jenny-Lou - Receptionist

I am grateful for the simple everyday things in life that we often take for granted. Good health, friends and family, time to enjoy a nice coffee and walks in the park.



Simon - Osteopath

I'm grateful for friends, family and Christmas movies like Die Hard!



Jess - Massage Therapist

I'm grateful to be able to do a job that I love and  
being surrounded by amazing family, friends and  
work colleagues!

A festive Christmas-themed promotional graphic. The background is a dark green with gold confetti and pine branches. At the top, there are gold snowflakes, a red gift box with a gold bow, and a gold reindeer. The text "Special for Christmas" is written in white, with "Christmas" in a large, bold, serif font. Below the text, there is a red envelope and a brown paper bag, both featuring a circular sticker with a reindeer and the text "HO HO HO MERRY XMAS". A white certificate is partially visible behind the bag, with the text "ing Corner", "opathy", "Certificate", "Medial Massage", and "From:". A large red circle in the bottom left corner contains the text "BUY A 1HR MASSAGE VOUCHER AND RECIEVE A FREE BAG OF EPSON SALTS".

Special for  
**Christmas**

ing Corner  
opathy

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## Photos from in and around clinic in 2024!

We've had an incredible year filled with memorable moments and meaningful celebrations. From ringing in the Chinese New Year to honoring our amazing mothers on Mother's Day, and most notably, celebrating 150 years of osteopathy! This year, we also came together for important causes, hosting fundraising events for R U OK Day, Liptember, and most recently, Movember. 2024 also brought a fresh new look to our clinic with a much-needed paint refresh in two of our rooms. We're so grateful to everyone who participated in our events and supported us throughout the year. We're excited for 2025 and look forward to even more opportunities to connect with our clients and the local community!





Thank you to all that donated and supported Team DCO for Movember! We raised \$584 for this wonderful cause!

### **Message from our Naturopath, Lisa at GLOW HEALTH and WEIGHT LOSS**

Download GLOW health and Weight Loss' newsletter loaded with information and a free Summer Salad recipe book to help inspire you to eat more nutrient dense fresh food.

[Click here for GLOW Newsletter](#)

## REGISTER FOR GLOW HEALTH AND WEIGHT LOSS ONLINE STORE

You may have seen the multitude of supplements on our shelves at the clinic. Did you know you can order online which gives you more time to learn about each supplement, see alternatives, prices and more options?

We also have **discounted bundles** for stress, gut health, acne, menopause and more which are not available in the clinic.

You can select Click & Collect and have your items ready to grab and go at the clinic OR you can opt to have them delivered to you.

[Register Here for the GLOW Online Store](#)

[Click Here to Book an Appointment with Lisa](#)

### Our Allied Health Services:

Osteopathy  
Clinical Pilates  
Chinese Medicine and Acupuncture  
Remedial Massage  
Naturopathy

## Are you following us on Instagram?

Click these links to follow our Instagram [@darlingcornerosteopathy](#) and [@glowhealth](#) to keep up to date with announcements!



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