This week's social media updates from:

Mosaic Myotherapy

★★★★½

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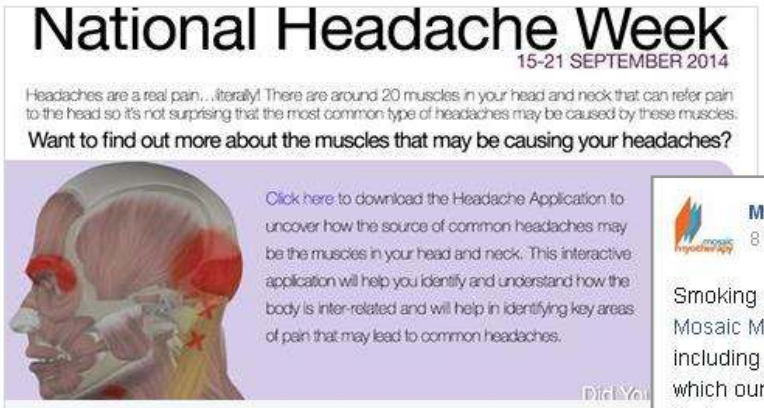
This week is National Headache Week. As this website explains, the most common types of headaches experienced in our community are due to referred pain from muscles in the head and neck. As myotherapists, we specialise in the treatment and prevention of referred pain. To learn more, or to book an appointment, call us today on 1300 55 44 51.



2014 Headache Week
headacheaustralia.org.au

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Smoking is something we will ask you about when you come to see us at Mosaic Myotherapy. It impacts on all body systems and delays healing, including that associated with soft-tissues injuries and/or musculoskeletal pain which our patients see us about. If you're a smoker, we'll gently remind you that support is available to help quit and suggest that you talk to your GP and/or contact Quit Victoria's Quitline for assistance (we'll even give you the number if you like).

We understand that sometimes Quitting is far from easy, and that often it takes multiple attempts, as these stories demonstrate. We also appreciate that it's worth it in the long run and hence we ask, because we care.

Start the conversation
startheconversation.org.au

Smoking is the largest preventable cause of death and disease in Australia. Advice from a health professional is one of the most effective ways to encourage people to quit smoking.

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Mosaic Myotherapy shared a link.
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Did you know that the Victorian Department of Human Services provides a Medical Cooling Concession, amounting to 17.5% of summer electricity bills, for individuals with Fibromyalgia, Multiple Sclerosis, Parkinson's Disease and other chronic musculoskeletal conditions? Follow link below to find out more.

(posted with thanks to the Young Women's Arthritis Support Group (YWASG))

Medical Cooling Concession - Department of Human Services, Victoria, Australia
www.dhs.vic.gov.au

The Medical Cooling Concession provides a 17.5 per cent discount off electricity costs over a six month period from 1 November to 30 April for concession cardholders with multiple sclerosis and other qualifying medical conditions such as Parkinson's disease, fibromyalgia and motor neuron disease. Th...

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