

Centre answers patients' demands

Advertising feature

INVITATION to Health at Wyoming is one of a growing number of innovative health centres at which traditional and alternative medicine is practised.

Centre founder, general practitioner Penny Caldicott, said the centre was developed in response to patients' demands for "integrated medicine".

"We have a deep commitment to support our patient's journey to optimum health by integrating the best therapeutic practices from around the world," Dr Caldicott said.

"Our practitioners include GPs who are accredited members of the Royal Australian College of General Practitioners, as well as an acupuncturist and Chinese herbalist, a naturopath and homeopath, a massage therapist, a dietician, clinical psychologist and a nurse practitioner."

Dr Caldicott said the centre differed to other "holistic" centres in the level of interaction and communication between its doctors and alternative therapists.

"When a patient's care requires it, we work together to determine a treatment plan," she said.

"This might involve only myself and the naturopath, but in some cases we might draw on three or four of the therapists to be involved in the patient's care."

Preventive medicine also formed an important part of the centre's approach, Dr Caldicott said.

"We offer a range of courses



Winning team . . . from left, Penny Caldicott, Virginia Reid, Hans Lang, Brenton Grimison, Robyn Burt and Jenny Gray, of Invitation to Health, Wyoming.

Picture: RON HUTCHINGS

and activities to help maintain and improve your health," she said.

"These, presently, include yoga, pilates, art therapy and stress management.

"Coming up, we have creative

play for adults, which is a six-week program of therapeutic dance, drama and art designed to tap into your inner wellspring of creativity and healing."

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