

CHIROPRACTOR at the OMC

Erik Wolters,

Chiropractor at the OMC



My name is Erik Wolters and I am a graduate of the 1990 class of the Anglo European College of Chiropractic in Bournemouth, England.

For the last 18 years I have been working as a chiropractor in the south of Holland.

Prior to that, I worked in the Algarve for several years.

On the **18th of July** I will move, with my family, back to the Algarve and start at the Orange Medical Centre. I am looking forward to getting started and helping the people in the region.

Chiropractic has a very wide spectrum of different complaints that can be treated.

Mainly related to the musculoskeletal system e.g.: **Low back pain, neckache, headaches, sciatica and herniated discs.**

It is also a holistic and preventative method.

Besides chiropractic treatment, I also have the skill and availability of using diagnostic **ultrasound** for complaints of the joints and its surrounding tissues.

Another related therapy is **shockwave therapy** to treat inflamed tendons, muscles or calcifications.

As a promotion we are offering a **FREE SPINAL SCAN!**

Anyone interested can make an appointment.

Further information will be given in the next newsletter.

I am excited to get started and to work with Dr. Heino Folmer and his team.

Kind regards,

Erik Wolters DC

ORANGE MEDICAL CENTRE

Edifício Atlântida

Av. da Liberdade Nº 133 R/C, loja 1

8200 – 002 ALBUFEIRA

www.orangemedicalcentre.com

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OMC and hygiene



In our waiting room you will now find an automatic dispenser with hydroalcoholic gel. With this gel you can disinfect your hands.

In places with a high concentration of sick people with illnesses, like hospitals and doctor's surgeries, there is a higher risk of contamination.

To prevent you from taking these home you can disinfect your hands, especially in the winter when there are a lot of people with coughs and colds this can prevent you from getting an infection.

This dispenser will automatically dispense the right amount of gel as soon as you hold your hands under the device. There is no need to push any buttons.

It is just another service of the OMC.

OMC housecalls

When you ask for a housecall and it is not an emergency, Dr. Folmer will visit you between 1pm and 3pm or after 5.30pm. Therefore it is possible that the clinic will be closed between 1pm and 3 pm but you can still reach us by telephone.

Dutch disabled athletes are coming to Albufeira

VII TIFAA
Torneio Internacional de Futebol Adaptado

ESTÁDIO MUNICIPAL ALBUFEIRA
22.03.2014 - 09H00-18H00



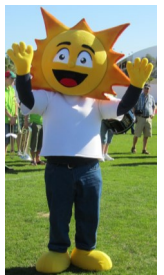
This special tournament for the disabled organised by the Portuguese foundation APEXA / Sportacademy Faro and by Mr. Hijmen van Surksun and his wife Reina, will take place on 22 March.

Hotel California and Restaurant BANK are taking care of the accommodation for all players and volunteers.

The football players would be very happy if you would come and encourage them.

Free entrance.

The Dutch brassband "De Amerblaozers" will also perform in the Albufeira football stadium during the soccer tournament which is being held for the seventh time.



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OMC is sponsor of "Friends Canil Portimão"

Below, the update we received from Patricia, Karin & Cor of FCP:

At the start of 2014 we would like to thank OMC for their support last year to Friends Canil Portimão. We hope to continue in the same way in 2014.

In 2013 we adopted out 219 dogs, half of them abroad, half of them in Portugal. Also around 50 cats were adopted, most stayed in Portugal, but with a great sponsor we also were able to send 10 cats to Germany.

We started a sterilization program for stray dogs in the end of 2013; we hope to sterilize at least 4 dogs a month, if we get more sponsors even more. If you want to sponsor this project please sent us a mail, we gladly give you information how you can help.

Money is tied, luckily we still had some good donations and can go on helping the dogs and cats.

2013 was a difficult year, more and more people left their dogs at the streets to fight for themselves and the number of kittens and puppies found in the garbage bins was unbelievable. Also the cruelty to animals was unbelievable. If you think you saw it all there is always one who will shock you more.

But we had beside the number of adopted animals more good news; we were the chosen charity on the Algarve Dog Show and we had 2 sold out lunches to benefit our charity.

Also we got a donation from APAA we used to built a nice cat home for our resident cats, a washing place for the dogs (which sadly enough is not finished yet as we run out of money) and an area for sick dogs, or mums with puppies.

If you want to know more how you can help, please contact us by email on:

friendscanilportimao@yahoo.com



If you like to make a difference in a dogs life, then come walk with us on Thursday mornings from 9:30 to 12:00 and become one of our much appreciated Dogwalkers (see picture), it is the only time the dogs go out in the whole week. The canil is in Portimão, the dogwalk is also a good way to meet new people. Age does not matter our youngest walker is 20 our oldest 78 We always match you with a dog who suits you.

If you live in the Algarve and have a restaurant or shop and want to put in a donation box please contact us. You can ask at the reception of OMC how it works.

You can follow us on Facebook or go to our website:

<http://www.friendscanilportimao.com/>

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