



Traralgon Business Centre

Ph: (03) 5173 6800

We make business look great

Address: 55 Grey St, Traralgon

www.traralgonbusinesscentre.com.au

May 2013 Issue


Welcome to the TBC newsletter...

TBC update by Stacey: We have had a new tenant join us here at the Traralgon Business Centre last month! We give a warm welcome to Carole Salerno from Ian Symonds & Associates Solicitors, who will be in Suite 10 on a full time basis.

This coming February I am celebrating my first year with Gippsland Wellness at the Traralgon Business Centre.

Introducing...

Gift Vouchers Available!!



Polly

to the Traralgon Business Centre

Lynette Riddell (Polly) Dip. Remedial Massage Therapist
Massage Therapist

Triggerpoint Therapy · Myofascial Release
Health Fund Rebates · AAMT Member

Local lived in the Valley for 30+ years with a passion for complementary health

Traralgon Business Centre
Suite 7, Level 1, 55 Grey Street, Traralgon
(Cor Grey & Broad Streets)
5173 6807

Appointments available:
Wednesdays 8pm-8pm
Thursdays 9am-8pm
Saturdays 9am-1pm

What I am offering my past, present and future Client's at the Business Centre is a little incentive to make the most of "regular tune-ups". If you have 5, 1 hour massages between 1st February, 2013 and the 30th June, 2013 you will receive a 25% discount off your fifth 1 hour massage. This offer is available for regular and senior clients.

not valid in conjunction with any other offer or promotion

To make your appointment please telephone reception on 5173 6807.

Your ideal office space...

TBC offers you a Suite, away from home, where you can maintain the individuality of your business with the added benefit of reception services amongst many other perks:

- ✓ Spacious
- ✓ Filled with natural sunlight
- ✓ Great location
- ✓ Modern facilities

5173 6800



The list goes on...

So you better hurry!

Need information or pricing on our services?

Contact Stacey at the Traralgon Business Centre today:

(03) 5173 6800 or

enquiries@traralgonbusinesscentre.com.au

Help balance your mind, body and spirit with Reiki



If you have ever dreamt of relieving your stress and forgetting your worries, then Balance and Harmony could help it come true.

Maureen Bates recently expanded her home business providing natural healing, stress management and wellness through the practice of Reiki.

With six years of experience practicing Reiki, Maureen is a professional of the traditional method of relaxation and revitalisation.

Maureen is now offering her services through her new office at suite 19, Level 1 at the Traralgon Business Centre, 55 Grey Street, Traralgon.

You can be confident you are in capable hands - Maureen has completed her first and second degrees in Usui Systems of Natural Healings and keeps up with the latest information regarding Reiki.

Among its many benefits, Reiki can help to balance mind body and spirit, assist healing ailments and bring you back into a harmonious state.

In the near future reflexology and ear candling will also be available.

Maureen understands her clients often have busy schedules and is open from 2pm to 8pm Thursdays and 10am to 5pm Mondays and Wednesdays.

Bookings are preferred and you can make an appointment outside these hours.

Maureen's clients are extremely happy and she hopes to help you feel the benefits for yourself.

She guarantees once you have tried it, you will try it again and again.

Phone Maureen on 5173 6819 or visit www.balanceandharmony.info

Balance and Harmony AT A GLANCE

Level 1 Suite 19,
55 Grey Street Traralgon

51736819

reiki@balanceandharmony.info

Help to
balance mind,
body and
spirit with
reiki



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A Virtual Office could be exactly what you need for your business!

Do you need someone you can rely on to answer your calls and take messages for you but don't want an answering service? Don't worry, we have the solution!

A Virtual Office with the Traralgon Business Centre allows you to portray a professional image for your business. Our dedicated receptionist will answer calls in your business name, take messages and manage your diary for you by taking bookings and following up clients... Talk about not having to lift a finger!

Not only is it convenient but its affordable too! We have two packages to choose from \$50 + GST per week or \$80 +GST per week.

To find out more about these packages contact us today! (03) 5173 6800



Logos have to work no matter if they are the size of a building or postage stamp!

A snappy logo can make people connect with your brand in the first place and recall your business name down the track. Apple is a great example of a company where their brand opens doors for product expansion because people love what they stand for.

"Thinking big from the beginning will give your brand more potential in the long run."

Memorable logos such as those for Apple and Nike are remarkably simple, but both also symbolise what the company stands for, as opposed to what it actually does, he says.

"Otherwise, Apple would have a computer for a logo and Nike a shoe. Thinking more laterally will ultimately deliver a much more valuable mark and one that is more unique in its category than trying to literally represent your product or service in the logo," Frost says.

If you need to explain your logo, it has failed, Frost says.

"Your logo should have a strong idea that makes it uniquely your own. After all, it's setting out how you want to be identified in the world, so it should capture your personality and what makes your company special.

"Your logo is going to be around for years and it will be the one consistent part of your brand communication, so it deserves love right from the beginning."

"A logo must translate seamlessly across various applications. It needs to read at small scale when applied to small print collateral, or at large scale when applied to a building facade or vehicle.

"Most importantly, you have to be proud of it, because you're the one handing it out."

Read more: <http://www.theage.com.au/small-business/the-new-rules-of-logo-design-20130410-2h16a.html#ixzz2Qry2Tmtx>



Ian Symonds & Associates

LEGAL PRACTITIONERS



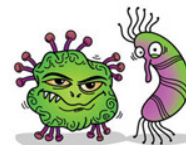
Gippsland Wellness
NATURAL MEDICINE

Invites You to Attend our **FREE** Health Talk ...

WINTER WELLNESS

Presented by Naturopath, Amy I'Anson and Remedial Massage Therapist, Polly Riddell, we will be discussing many factors influencing our immune systems at this time of the year, including:

- How to prevent getting sick this winter
- Optimising your daily diet for immunity and food as medicine for colds and flu
- Home remedies you can make with your everyday pantry ingredients!
- Sinus relief through massage techniques
- How to choose good quality natural medicines - when and what to use
- Children's immunity
- Preventative tests and checkups
- Lots of taste testings, samples and demonstrations!



DATE: 20th May 2013

TIME: 7pm for a 7.15pm start, until 8.15pm

LOCATION: Level 1, Traralgon Business Centre, 55 Grey St, Traralgon (Seminar Room)

Bookings are essential; please call reception to reserve your seats on Ph: (03) 5173 6807. Children are also welcome.

Everyone who attends will go into the draw to win a 1-Hour massage with Polly!