



# 'Nelson Wellness Cluster' Update

## 'Living Well'

There has been a hive of activity with the Nelson Wellness Cluster following our last newsletter. The Nelson Wellness Cluster is applying to become an Incorporated Society with the required 15 members, as well as others keen to support the Cluster.

Recent memberships have been awarded to The Mudcastle, Kimi Ora Spa Resort, Dr Tim Ewer O2 Health, Wellness Escapes, On Cue Conferences, Equilibrium Chiropractic, Founders Organic Brewery and Café, The Organic Green Grocer, Bodywise and Donna Corry.

A 'your guide to wellness' brochure is being created for members of the Nelson Wellness Cluster which is being released early 2009. The brochure includes a bio from each member, a map of locations and some information on the Nelson Wellness Cluster in the Nelson Tasman region. If you would like to be part of the Nelson Wellness Cluster, and included in this first brochure, you will need to submit your application, along with payment to the Cluster as soon as possible. The first print run is planned for early 2009.

The brochures are one of the many benefits of being part of the Nelson Wellness Cluster. Other benefits include promotion of your business through other member's of the Cluster (by cross referrals), linking in with the Nelson Tasman Wellness Community, peer support, media focus and increasing your level of professionalism, through being associated with a registered association.

The application is quick and easy to complete. All you need to do is go to [wellnessnelson.com](http://wellnessnelson.com) for your application pack. Send this through to: Att: Lee Polychronopoulos PO Box 1569 Nelson

Please contact Lee Polychronopoulos @ Ramazzini on 545 7267, Jane Pujji on 546 9551 or Katie Thurston @ Enriching on 539 4482 for further information on applications or the Cluster.

## Recent & Upcoming Events

1) In September, delegates gathered at Rutherford Hotel Nelson to hear from national and international speakers from the tourism and research fields, and discuss opportunities from the spa and wellness tourism industry. The concept behind the Wellness /Tourism symposium was "Getting ready for the Wellness Tourist". In summing up the symposium, Nelson Tasman Tourism chief executive and RTONZ chairman Paul Davis said that any group formed should look at the possibility of the wellness sector combining with existing structures rather than forming another sub group of tourism. New Zealand being ideally positioned to take advantage of a global attitudinal shift in wellness values was a key theme of the symposium, Mr Davis said. Symposium delegates were invited to step into the wellness experience, Arvind Pujji, led wellness exercises at the 'energy breaks' and delegates were invited to take part in yoga, meditation, walking and running before the start of the symposium's second day. There was a positive response by all to the Symposium.

2) The Cluster are looking toward organising a 'Healthy Christmas Picnic' at The Mudcastle. More details to follow but please contact Katie at [enrich@enriching.co.nz](mailto:enrich@enriching.co.nz) if you are interested in attending.

### DISCOUNT OFFER FOR WELLNESS CLUSTER MEMBERS

**Wellness Escapes**, New Zealand's leading wellness tourism directory offers a 10% discount to any member of the Nelson Wellness Cluster. In addition a further 10% are offered at a special introductory offer for advertisers signing up before 19 December. This portal offers practitioners the opportunity to market to clients from throughout New Zealand and the world, who are planning their holiday in Nelson. Visitors are a great way to increase your turn-over and Wellness Escapes is a great way to market your business or clinic.

Contact David Short on 5403175 or 021 2225066 , or [info@wellnessescapes.co.nz](mailto:info@wellnessescapes.co.nz)