

Wellness will do well at Urban Co-Op

By Staff Reporter - August 19, 2019



THE URBAN co-op in Eastway Business Park has brought the model of affordable, healthy foods to Limerick for years and now they are branching out in a new direction.

A space at the Urban Co-Op will be transformed into a Community Wellness Clinic by four local wellness practitioners from September.

The Wellness Clinic will consist of couches and plinths in a communal space where every client will have a tailored treatment plan drawing on the expertise of all four practitioners in the room.

The clinic will be run as a not-for-profit and its aim is to offer an alternative route for local people looking to relieve pain and treat ailments at affordable rates on a regular drop-in basis.

One of the founders, physical therapist and Ayurveda practitioner Tracy O Donoghue explains: “We want to take all the privilege and mystery away from wellness treatments... come in and try a reasonably priced treatment, chat to people, other people who might feel isolated with their condition and see what it’s like.”

The wellness clinic has been the brainchild of Tracy and Edel for years and they have faced many challenges in bringing it to fruition.

“The biggest thing is people don’t really understand what we’re doing... because it’s very new to Ireland and very new to Limerick,” said Tracy.

“We’re not mad hippies in bare feet. We’re well- experienced and well-educated in what we do and when you come to the clinic our goal is to make you feel better.”

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Tracy O Donoghue, Edel Ryan, Michelle Lane and Brian Mitchell will draw on their extensive and varied backgrounds in physical therapy, acupuncture, reflexology, exercise and movement therapy, diet and nutrition, herb formulations and stress and pain management.

The clinic is modelled on the community clinics across Asia and aims to keep the cost of treatment low, with prices starting from €15.

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