

# **ARROW REHABILITATION**

## **AIMING FOR INDEPENDENCE**



NEWSLETTER

AUGUST 2009

### **UPCOMING NEWS & EVENTS**

Dr. Michael Parkhurst from Wellness One Chiropractic will be speaking about modern stress. His speech is "Thriving not just surviving the 21<sup>st</sup> Century." Everyone is welcome to this FREE seminar including our past, current, and hopefully future patients! Where: 14 Office Park Drive, Suite 8  
When: Thursday, September 3<sup>rd</sup>  
Time: 5:30 P.M.  
R.S.V.P.: (386) 447-0011

Come into the office and play our "Guess Who?" game. If you guess which baby picture corresponds to each staff member, you win a prize!

Start getting prepared for our annual patient appreciation day in October. We'll be having a big Oktoberfest celebration!

On Monday, September 7<sup>th</sup>, our office will be closed for Labor Day. We wish everyone a relaxing day and enjoyable long weekend!

Don't forget to answer our trivia question on the back to win a prize!

### **NEW STAFF UPDATES**

As many of you already know, Lindsay Crawford joined Arrow as a physical therapy assistant this summer. Lindsay is originally from Kentucky, moved to Plantation when she was 10, and finally ended up in Palm Coast 6 years ago. She graduated from Daytona State College in May and enjoys rollerblading, scrapbooking, reading, and spending time with her cat, bird, and 2 dogs. One day she hopes to be a voice actor for Disney! Come in and say "hello" to Lindsay and listen to her multitude of voices!

### **PATIENT TESTIMONIALS**

"Having started 5 weeks ago with arthritic lumbar pain, severe morning stiffness, unable to bend and do simple chores, I am now 90% pain free and almost as flexible as a gymnast...thanks to Lynn, Vicki, and Lindsay! They gradually introduced me to stretching exercises and core strengthening techniques that have made my back, legs, and abdominal muscles much stronger. And as I follow their daily program at home, I will continue to improve. They are truly professional, caring, and outstanding at what they do." G.W.

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**Question Corner**

What is the name of Lynn's dog?

- a. Spot
- b. Ziggy
- c. Spike
- d. Marley

Circle your best answer and mail it in or drop it off to be picked for the **prize**.

Name: \_\_\_\_\_

You can also e-mail your answer to :  
arrowrehab@bellsouth.net

We want to thank all of you for your friendly referrals this year. Please keep them coming. Our success stories are from referrals you provide. Isn't it great to help others improve their health?

Thank you from the team at Arrow Rehabilitation!!!

Congratulations to Jack Pitman who won our trivia question from last month!

**William M. McGill III**

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\*This is a courtesy advertisement provided by Arrow Rehabilitation\*

**Check out our website at [www.arrowrehab.com](http://www.arrowrehab.com)!**

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