

December Newsletter

"Aiming for Independence"

Arrow Rehabilitation

Physical Therapy

Occupational Therapy

Speech Therapy

Holiday Project

Come in and create a beautiful art project with us. We will be making wreaths and other seasonal items while enjoying food and drinks and each other's company!

When: Wednesday, December 16

Time: 4:00—6:00PM

Where: 14 Office Park Dr., Ste. 8

Please RSVP to (386) 447-0011 by December 14th to reserve your spot!

Don't Stress Out During the Holidays

Be careful to take care of all your aches and pains during this holiday season. If you're lifting heavy boxes, bend your knees and squat instead of bending over. Watch your balance by widening your stance while hanging decorations. When you're traveling, break up the long trip with times to stop and continuously stretch. Most of all, exercise regularly and have a nice holiday!

Patient Testimonial

"During therapy sessions, I learned how to do very useful and necessary exercises. They have improved my condition in my hands, made my fingers stronger, and increased my mobility. I felt I was in good hands with the staff taking care of my problems and me. Continuing to work at home should prevent the progress of pain and deformation and increase my positive results. Thank you, Arrow!" H.S.

Phone: (386) 447-0011

Fax: (386) 447-0161

Email: arrowrehab@bellsouth.net
www.arrowrehab.com

14 Office Park Drive, Suite 8
Palm Coast, FL 32137

We hope everyone had a nice Thanksgiving holiday and didn't get too stuffed!

Christmas and New Year's

All of us at Arrow want to wish you a happy and joyous holiday season. We enjoy working with you all throughout the year. Our office will be closed on Friday, December 25th and Friday, January 1st in observance of Christmas and New Year's Day.



Season's Greetings

Question Corner

In the song "The Twelve Days of Christmas", what did my true love send me on the eleventh day?

- a. Geese a Lying
- b. Turtle Doves
- c. Drummers Drumming
- d. Pipers Piping

***EXTRA PRIZE if you know how many gifts you would receive if you received all the gifts mentioned in the song!**

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 Sherry Calderaro for winning a prize for the correct answer to November's newsletter question!

WELLNESS ONE CHIROPRACTIC
385 Palm Coast Pkwy. SW, Unit 3
Palm Coast, FL 32137
Drs. Michael and Amberly Parkhurst
Call: (386) 447-9930 or visit
www.wellnessonechiropractic.com

This is a courtesy advertisement provided by Arrow Rehabilitation

All of our newsletters are now available to view online at our website. If you would like to begin receiving them via email, call us at (386) 447-0011. Visit www.arrowrehab.com today!

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