

# January Newsletter

*"Aiming for Independence"*

## Arrow Rehabilitation

*Physical Therapy*

*Occupational Therapy*

*Speech Therapy*

### DEFEND YOURSELF AGAINST THE COLD

As record breaking low temperatures continue their grip on Florida, we need to know how to avoid weather related disruptions in our everyday lives. The coldest time of day is around 5:00-6:00A.M., when we're all waking up to head to work. So, instead of getting the morning paper or walking the dog immediately, change your routine around to keep you indoors a little longer until the sun rises; eat breakfast or take a shower first. Also, watch your intake of caffeine and alcohol. Even though these liquids tend to temporarily warm you up, they only dehydrate your body and ultimately make you colder later on in the day. Make sure to continuously stretch throughout the day, everyday. The cold air tightens joints and stiffens the entire body. Move around more than usual to increase your blood flow and keep your body temperature regular. Use these few tips this winter season and you'll feel great and ready for the spring months!

### Patient Testimonial

"If you're aiming for the straight and narrow,  
Then you should get your therapy from Arrow.  
At first, the going may be rough,  
But you'll find these therapists know their stuff.  
They'll help ease your discomfort and pain,  
And help you get your strength back again.  
They really do the trick,  
To get you feeling better quick.  
These therapists are all great,  
And their therapy is first rate.  
If you put Arrow to the test,  
You'll find that they're among the very best.  
Arrow plays a big role,  
In helping you to reach your goal." B.G.

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We hope everyone had a nice holiday season. Also, thanks to everyone who joined us during our seasonal craft project, we had a great time! Be on the look out for a spring project coming up.

### 7 YEARS!

This month, Arrow Rehabilitation is celebrating its seventh anniversary operating in Palm Coast. It's because of YOU that we are able to achieve this great milestone!



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Happy  
New  
Year!

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**Question Corner**

Which of the following statements about the month of January is false?

- a. Garnet is the birthstone.
- b. The official flower is a daffodil.
- c. It is named after the god, Janus.
- d. It is the coldest month of the year in the Northern Hemisphere.

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 Tony Rodino for winning a prize for the correct answer to December's newsletter question!

**CREATIVE CONSULTING**  
**Andrew and Connie Rice**  
**www.creativepages.net**  
**arice@creativepages.net**  
**Call: (386) 447-1193**

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

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