

November Newsletter

*"Aiming for
Independence"*

Arrow Rehabilitation

Physical Therapy
Occupational Therapy
Speech Therapy

Giving Thanks

As this time of giving thanks approaches, our staff wants our patients to know how much we appreciate them. We are so thankful for you all and want to wish you and your families a happy Thanksgiving Day. Remember that our office will be closed on Thursday, November 26th and will reopen Friday, November 27th to continue treatments.

Alleviate Your Pain

Are you suffering from neck or back pain? If so, we can help! Our therapists have developed new techniques to deal with chronic pain caused by accidents, age, stress, or even repetitive motion injuries. Come in for a **FREE** assessment today to increase your range of motion and alleviate pain.

Patient Testimonial

"When I came to Arrow I couldn't stand without a cane or a walker. Now, I can do things that I couldn't do two months ago: exercise, walk, shower, and anything I was doing 10 years ago! Therapy has gotten rid of my pain. My leg is healed where I originally fell and I look forward to driving and living independently." H.K.

Phone: (386) 447-0011

Fax: (386) 447-0161

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

Thank you to everyone who came out to our Oktoberfest celebration. We had a great turn out and enjoyed tasty treats during a fun evening!

Less Stress

Don't forget that with only two months left of this year, you may still qualify to continue therapy treatments. If you feel that you need to come in, even for a quick consultation, give us a call and we can verify how much insurance you have available!



Happy Thanksgiving

Question Corner

How many members of Arrow's staff are bilingual?

- a. 1
- b. 2
- c. 3
- d. 4

***EXTRA PRIZE if you can name the person(s)!**

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? Congratulations to Helen Lecomte-Cesly for winning a gift card for referrals, we appreciate your support!

Thank you from the team at Arrow Rehabilitation!!!

Congratulations to Kay Gibb for winning a prize for the correct answer to October's newsletter question!

**FLAGLER COUNTY COUNCIL ON AGING AND
COMMUNITY SERVICES**

800 S. Daytona Avenue
Flagler Beach, FL 32136
Barbara Castillo
Call: (386) 517-2083

This is a courtesy advertisement provided by Arrow Rehabilitation

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