

# October Newsletter

*"Aiming for Independence"*

## Arrow Rehabilitation

Physical Therapy  
Occupational Therapy  
Speech Therapy

### "The Art of Living Independently"

Alex Flores, Arrow's occupational therapist, is giving several presentations around the community this month. He gives tips on energy conservation, stress management, and joint protection. Attendance is FREE and you will be entered into a raffle to win a prize!

When: Wednesday, October 21st

Time: 11:00AM

Where: Flagler County Council on Aging  
and Community Services

800 S. Daytona Ave.

Flagler Beach, FL 32136

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When: Thursday, October 29th

Time: 1:00PM

Where: Belle Terre Swim and Racquet Club

73 Patricia Dr.

Palm Coast, FL 32164

R.S.V.P. (optional) to (386) 447-0011

### "Patient Appreciation Day"

Don't forget about Arrow's annual

Oktoberfest. This event gives us a chance to get together outside of therapy. Food and drinks will be provided, so come out and enjoy an evening with us!

When: Friday, October 23rd

Time: 5:00—7:00PM

Where: 14 Office Park Dr., Ste. 8

Please R.S.V.P. to (386) 447-0011

### "Have you gotten your flu shot?"

Now is the time to receive a flu shot. Flagler County now offers seasonal flu shots as well as H1N1 (Swine) Flu shots. Go to any of the following locations to stay healthy during this year's flu season:

Flagler County Health Department, any Fire Department, Walgreen's, and most Publix's.

## Patient Testimonial

"In reflection, Arrow Rehabilitation has been a blessing. Upon my first visit, I didn't know what to expect as I thought I was moving exceptionally well. To my surprise, the staff very quickly found my "soft" spots. Lynn, and then Lindsay, were my caregivers. They demonstrated then assisted me in doing many exercises, which concluded with mobile results. The staff here has been very thorough in my treatment, and for someone who has never had to have therapy, they made the transition very easy. Arrow has assisted in restoring my independence, and I thank you!" O.G.

Happy  
Halloween!



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**Question Corner**

Where did both Alexis and Blair go to college?

- a. University of Central Florida
- b. Florida State University
- c. University of Florida
- d. Florida International University

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 Therese Schwartz for winning a gift card for referrals, we appreciate your support!

Thank you from the team at Arrow Rehabilitation!!!

**BELLE TERRE SWIM & RACQUET CLUB**  
**73 Patricia Dr.**  
**Palm Coast, FL 32164**  
**Deen Wall – Gym Director**  
**Call: (386) 446-7676**

\*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](http://www.arrowrehab.com) today!*

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Palm Coast, FL 32137