



HULST JEPSEN
PHYSICAL THERAPY

OCTOBER 2022 NEWSLETTER

PLEASE JOIN US WEARING PINK ON WEDNESDAYS IN OCTOBER TO SPREAD AWARENESS AND SHOW SUPPORT TO THOSE IMPACTED BY BREAST CANCER

ON WEDNESDAYS

WE WEAR

PINK

VISIT THE FRONT DESK FOR A FREE BREAST CANCER AWARENESS BUTTON

UPCOMING EVENTS

hjphysicaltherapy.com/upcoming-events

RED FLANNEL DAY OCTOBER 1

Celebrating 83 years! This year's Red Flannel Festival in Cedar Springs, Michigan ends with a grand finale on Saturday, October 1st. Events include a flapjack breakfast, marching band competition, bingo, pie eating contest, car show, talent show, and grand parade. **Visit the events page listed above for more information.**



WALK TO END ALZHEIMER'S OCTOBER 8

Hulst Jepsen Physical Therapy is a proud sponsor of the 2022 Walk to End Alzheimer's – Grand Rapids. All funds raised through further the care, support and research efforts of the Alzheimer's Association. Registration at 9am with Opening Ceremony at 10am followed by walk. **Visit the events page listed above for more information.**



LOVE YOUR NEIGHBOR'S 5K OCTOBER 8

Hulst Jepsen Physical Therapy is proud to sponsor the 2022 Love Your Neighbor's 5K! The race begins at Love Your Neighbor (3300 Van Buren St, Hudsonville) and goes through the surrounding neighborhoods. Your \$25 race entry helps provide groceries for a child in their Life Skills Program. **Visit the events page listed above for more information.**



OUR AMAZING TEAM IS GROWING!



Eric VanEck, MSPT

Eric is a licensed physical therapist at our Grand Haven location. He grew up in Hudsonville, Michigan, but is originally from Chicago, Illinois! He obtained a Bachelor of Science in Health and Human Sciences from Northern Illinois University in 2008, he then continued his education there, earning his Master of Science in Physical Therapy in 2010. In his free time, Eric enjoys boating, boat restoration (currently working on a 1976 Aristocraft), and spending time with his family.

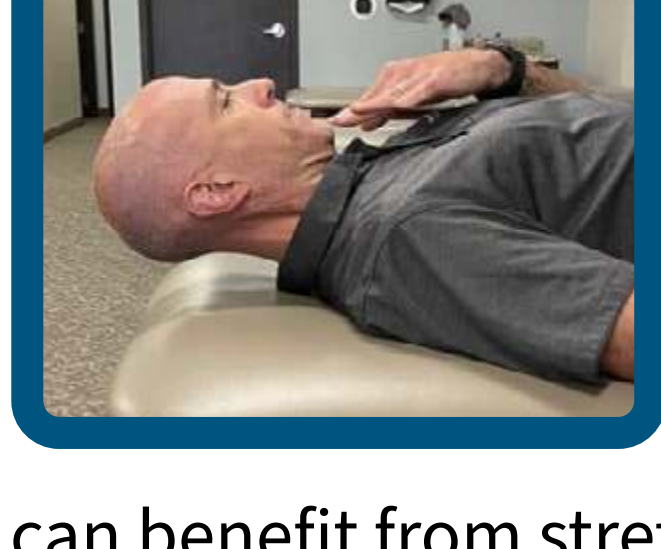


Aneka Boomsma, PTA

Aneka is a licensed physical therapist assistant at our Gaines Township clinic, who is currently earning her doctorate in physical therapy at the University of Findlay in Findlay, Ohio. Aneka grew up in the Caledonia area and attended South Christian High School. In her free time, Aneka loves to cook and bake. She enjoys spending time outdoors with her husband, including going for walks or hikes and spending time at her parents' lake house. She enjoys traveling both nationally and internationally and has been to Spain, France, and The Netherlands so far.

WELCOME TO THE TEAM!

CHECK OUT OUR LATEST BLOGS



5 EXERCISES FOR ELIMINATING HEADACHES

“Cervicogenic and tension headaches

can benefit from stretching, posture correction, and strengthening. Here are five exercises to lead you to headache-free living!”

- **Matthew Schmitz, MSPT**



BEST PICKLEBALL COURTS IN GRAND RAPIDS

“More than 4 million people are playing the sport in the US... Our team at Hulst Jepsen Physical Therapy and Grand Rapids Pickleball Club created a list of our favorite West Michigan pickleball courts.”

- **Noah French, Marketing**

 hjphysicaltherapy.com

 [@HulstJepsenPT](https://www.instagram.com/HulstJepsenPT)