

SEPTEMBER 2022 NEWSLETTER

**ALL CLINICS WILL BE CLOSED
MONDAY, SEPTEMBER 5TH
IN OBSERVANCE OF LABOR DAY**



UPCOMING EVENTS

hjphysicaltherapy.com/upcoming-events

CALEDONIA GOLF OUTING **SEPTEMBER 17**

Join us on Saturday, September 17th at Yankee Springs Golf Course in Wayland for some serious fun, a little bit of golf, some giveaways, and a delicious dinner! All proceeds will go directly to the Caledonia Athletic Boosters to help fund all teams at Caledonia High School. **Visit the events page listed above for more information.**

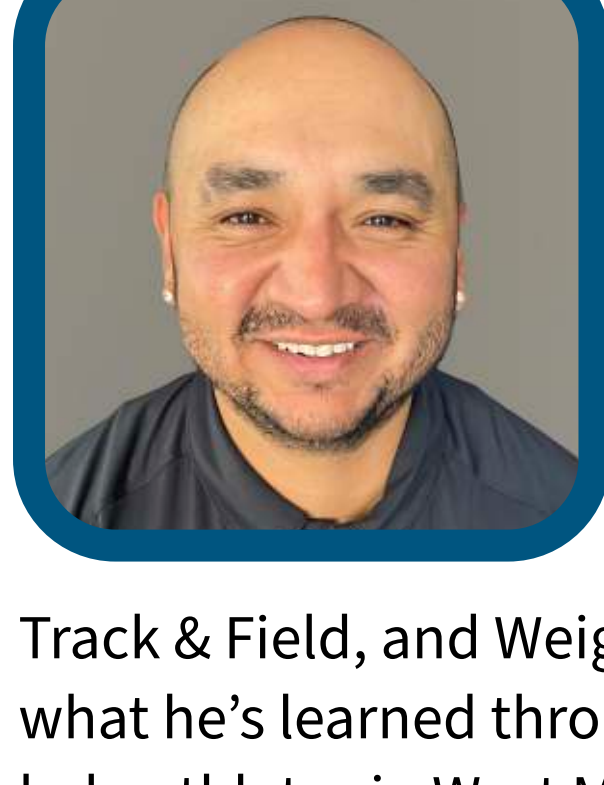


CALAPALOOZA **FRIDAY, SEPTEMBER 30**

As an active member of the Caledonia community, Hulst Jepsen Physical Therapy is a proud sponsor and participant of the 2022 Calapalooza! Join us at the Caledonia High School football stadium from 3-8pm for 15+ food trucks, 50/50 raffle, dunk tank, kids' activities, and more. Admission is FREE! **Visit the events page listed above for more info.**



OUR TEAM GREW A LOT IN AUGUST!



Trevis Trevino, CPT

Trevis Trevino is a certified personal trainer at our East Grand Rapids clinic. Trevis has worked with athletes in the NBA, NHL, MLS, and Olympic teams including USA Swimming, Basketball, Track & Field, and Weightlifting. He hopes to take what he's learned through all his experiences and help athletes in West Michigan become champions on and off the field.



Kelsie Turner, DPT

Kelsie Turner, DPT joined our Greenville clinic in August. She obtained a Bachelor of Science in Sports Science from Northern Michigan University in 2018 and earned her Doctorate of Physical Therapy from Central Michigan University in 2022. She enjoys camping, hiking, hunting, mountain biking, running, and spending time with her friends and family.



Sydney Foster, ATC

Sydney Foster is a certified athletic trainer at Northview High School. She graduated from Grand Valley State University with her Bachelor of Science in Clinical Exercise Science in 2020 and received her Master's in Athletic Training from Wayne State University in 2022. In her free time, Sydney enjoys traveling, reading, golfing, and spending time with her husband and 2 dogs.



Sean Mandle, ATC

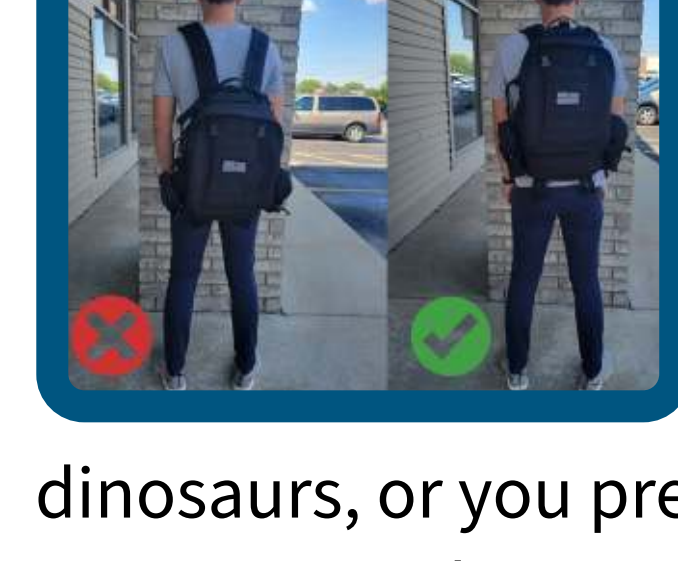
Sean Mandle is a certified athletic trainer at Lowell High School. He grew up in Lowell, Michigan, and graduated from Northern Michigan University with his Bachelor of Science in Athletic Training. In his free time, Sean enjoys traveling, hiking, backpacking, and camping. He's been to 4 continents and has lived in 4 different states!

WELCOME TO THE TEAM!

**DO YOU KNOW ANYONE YOU
THINK WOULD BE A GREAT
FIT ON OUR GROWING TEAM?**

hjphysicaltherapy.com/careers

CHECK OUT OUR LATEST BLOGS



3 BACK TO SCHOOL BACKPACK TIPS

"Whether your backpack is adorned with unicorns, dinosaurs, or you prefer a more neutral tone to compliment every outfit, there are a few guidelines I encourage you to follow when returning to school this fall to prevent future injury!" - Courtney Garlanger, DPT



BEST BEACH VOLLEYBALL COURTS IN GRAND RAPIDS?

"Pick-up beach volleyball is a great way to meet new people and explore the white sands of West Michigan! Not sure which Michigan beach volleyball court to hit next...?" - Noah French, Marketing

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