

**ALL CLINICS WILL BE CLOSED TODAY IN OBSERVANCE OF**

# MEMORIAL DAY



## JUNE 2022 NEWSLETTER

**WE ARE EXCITED TO ANNOUNCE HULST JEPSEN PHYSICAL THERAPY HAS BEEN AWARDED...**

**“BEST AND BRIGHTEST COMPANIES TO WORK FOR”**



Our company culture would not be the same without each and every person on our amazing team. We are thankful for the opportunity to humbly serve the community we love so much. We couldn't have achieved this accomplishment without your constant and continuous support...

*Thank You!*

## UPCOMING EVENTS

[hjphysicaltherapy.com/upcoming-events](https://hjphysicaltherapy.com/upcoming-events)

### PERSONAL CARE ITEM DRIVE **JUNE 1 - 15**

We are having a personal care item drive for Hope Unexpected! Items needed are laundry soap, toilet paper, Lysol wipes, dish soap, toothpaste, woman's deodorant, & sanitary pads/tampons. Drop off sites are at these Hulst Jepsen clinics: Bryon Center (2185 84th St. SW), Hudsonville (5819 Balsam Dr), Standale (4761 Lake Michigan Dr NW), and Grand Rapids NE (4120 East Beltline NE). **Visit the events page listed above for more information.**

### START OF SUMMER CELEBRATION **JUNE 9 - 12**

We are proud sponsors of the "Start of Summer" celebration in downtown Rockford! Event includes a carnival, parade, food and craft vendors, beer tents, live entertainment, kid's activities, and fireworks. **Visit the events page listed above for more information.**



### BRIAN DIEMER FAMILY OF RACES 5K **JUNE 11**

Come run with three-time Olympian Brian Diemer on a new, flat & fast 5K course and enjoy this family-friendly event. Keep your eyes peeled for some of our staff who will be competing and serving at the medical tent. Junior Jog after the race! **Visit the events page above for more information.**

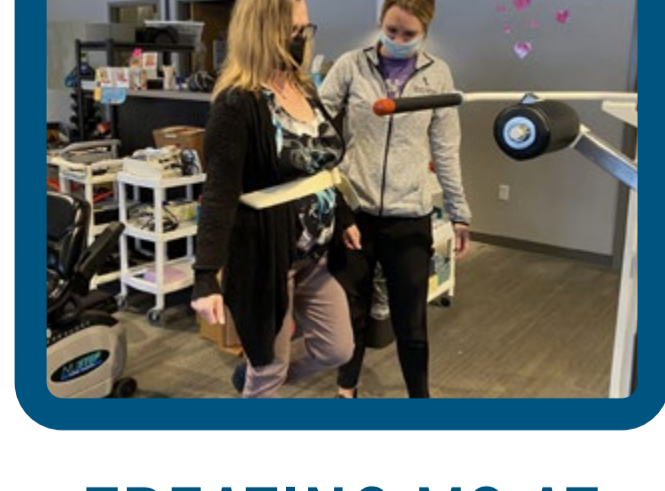


### ZEELAND ZOOM 5K **TUESDAY, JUNE 28**

We are proud sponsors of the Zeeland Zoom 5K! This race takes runners on a 3.1 mile adventure through historic downtown Zeeland. The course is flat, fast and beautiful! This event provides healthy summertime entertainment and promotes community spirit while offering a competitive event for race enthusiasts. **Visit the events page listed above for more information.**



## CHECK OUT OUR LATEST BLOGS



### TREATING MS AT DIFFERENT STAGES

“Physical therapy has been shown to be helpful for those diagnosed with MS ... such as strengthening muscles to help with walking & overall balance or improving your flexibility to help reduce muscle spasms.”

- Rachel McDonald, DPT



### TOP PLACES TO RUN IN GRAND RAPIDS

“Local running is a great way to explore the city and its rich Midwest community... Here's our short list of the 7 best places to go running in Grand Rapids... including paved trails, parks, and nature preserves.”

- Noah French

 [hjphysicaltherapy.com](https://hjphysicaltherapy.com)

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