



**HULST JEPSEN**  
PHYSICAL THERAPY

## APRIL 2023 NEWSLETTER

**ALL CLINICS WILL CLOSE AT NOON  
ON APRIL 7<sup>TH</sup> IN OBSERVANCE OF...**

# Good Friday



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## MEET OUR NEWEST PERSONAL TRAINER

### AMANDA SEVERANCE, CPT

**EAST GRAND RAPIDS CLINIC**

Amanda is an ACE certified personal trainer who loves working with a wide range of people who might be new to the gym or advanced gym goers who have specific goals! In her free time, she enjoys cooking new dinner recipes, DIY projects, and spending time with her husband and dog.



## THERE'S ONLY ONE MORE WEEK...

## CAN YOU GUESS HOW MANY CANDIES ARE IN YOUR CLINIC'S EASTER EGG?

**THE CLOSEST  
GUESS WINS  
THE EGG!**



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## UPCOMING EVENTS

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

### WHEEL RUN FOR EVERYONE 5K - SAT 4/15



Join us and walk, roll, jog, or wheel the beautiful Allendale GVSU Campus at the 28th annual Wheel Run for Everyone! All the money raised supports Renew Mobility's vital mobility equipment program. Registration at 8 AM. 9 AM start.

### LYMPHATIC MOJO SEMINAR - SAT 4/15



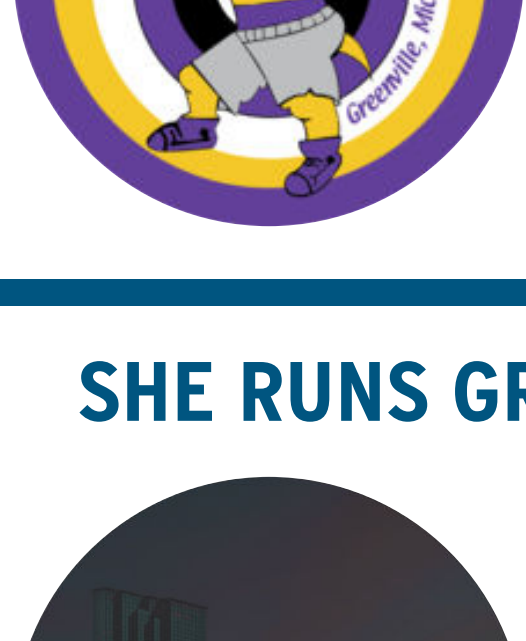
Hosted by Jen Kornowski, MSPT of our Greenville clinic. Learn how the lymphatic system impacts your body and some low-impact exercises and simple techniques to help clear your lymphatic system and improve overall health! 1-3 PM.

### RIVERTOWN RACES 5K & 10K - SAT 4/22



These professionally timed, family-friendly, races are favorites for beginner and elite runners alike. All races start and finish at the beautiful Meadows of Millennium Park in Walker, MI. Use promo code "RR\_HJ10" for 10% off! 8 AM start.

### YELLOW JACKET CHALLENGE - SUN 4/23



We are proud to sponsor this 5K run and one-mile walk that celebrates health, wellness, and physical fitness! The race begins at Greenville High School and follows a scenic course along the Fred Meijer Flat River Trail. 2 PM start.

### SHE RUNS GRAND RAPIDS - SUN 4/30



We are proud to provide and host the nursing and pumping tent at the 2023 SHE RUNS Grand Rapids for runners before and after their race! Privacy tent staffed by Hulst Jepsen Physical Therapists who specialize in women's health.

## READ OUR LATEST BLOGS

[hjphysicaltherapy.com/recent-news](https://hjphysicaltherapy.com/recent-news)

### WOMEN'S EQUALITY & EQUITY IN PT

3 MIN READ

"In addition to just statistics of women in our company, we think it's important to celebrate women's achievements, every day of the year but especially on International Women's Day!" - Chelsey Shirley, Human Resource Director



## INTERNATIONAL WOMEN'S DAY

### HOW TO BECOME AN ATHLETIC TRAINER

2 MIN READ

"Since I began practicing 4 years ago, there have been some changes to AT education. The biggest change over the last few years is that the entry-level for the profession is now a master's degree." - Lisa Metzger, Athletic Trainer



### APPLY TO BE A PHYSICAL THERAPY TECH

3 MIN READ

"Our Techs are getting a head start on their careers! These future physical therapists play a vital role in each patient's recovery while also gaining valuable first-hand experience in their field..." - Chris Bamford, Marketing Coordinator



@HulstJepsenPT