



AUGUST 2023 NEWSLETTER

SCHOOL SUPPLY DRIVE

GIVEAWAY

FINAL WEEK

NEW
COLOR
CHANGING
STRAW CUP



AT ALL CLINICS

AND ON SOCIAL MEDIA

PLEASE HELP US COLLECT THESE MOST NEEDED ITEMS:

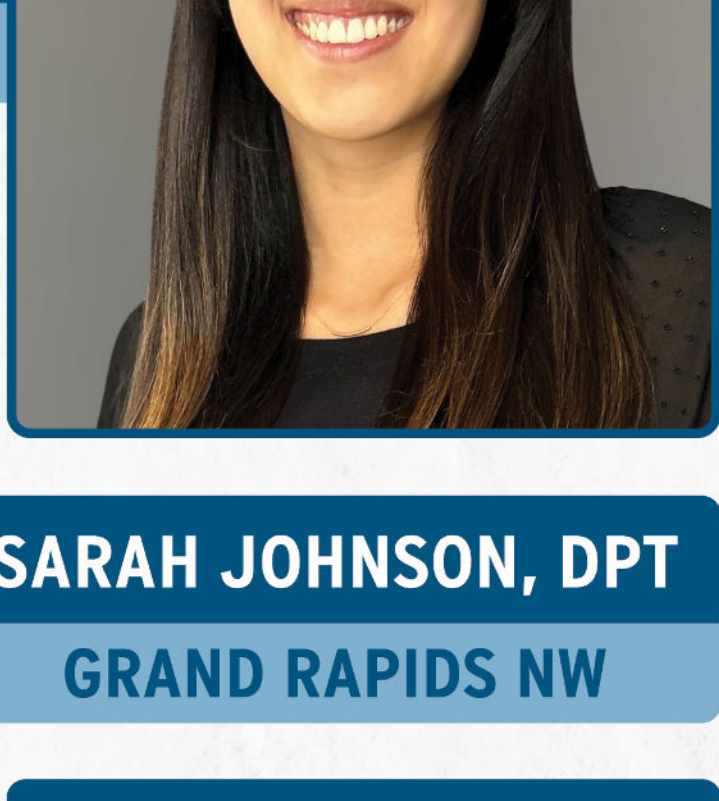
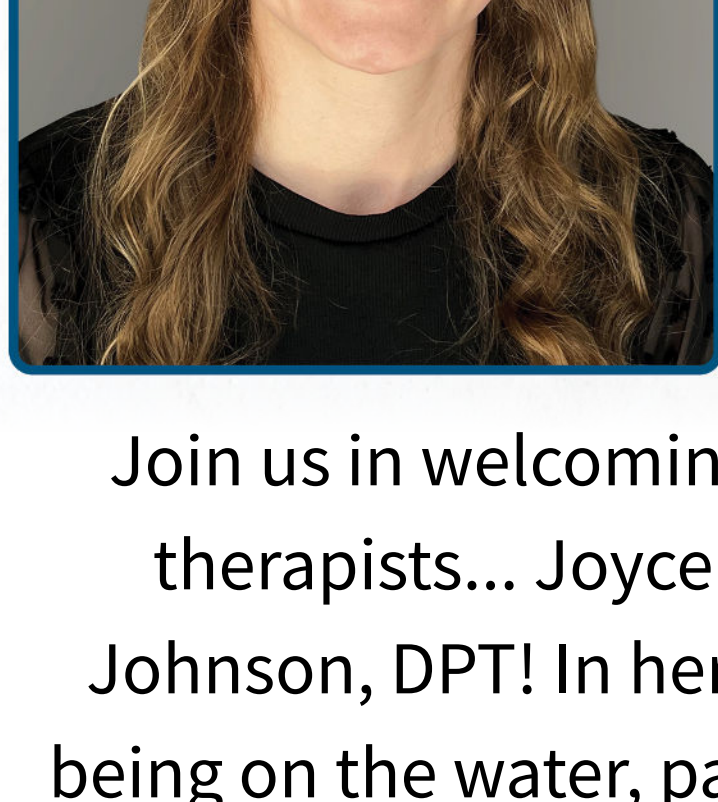
- Crayons
- Elmer's Glue
- Folders
- Markers
- Pencil Cases
- Tissue Boxes
- Pencils
- Notebooks
- 12" Rulers
- Erasers
- Kid's Scissors
- Backpacks

1 RAFFLE ENTRY PER DONATED SCHOOL SUPPLY ITEM

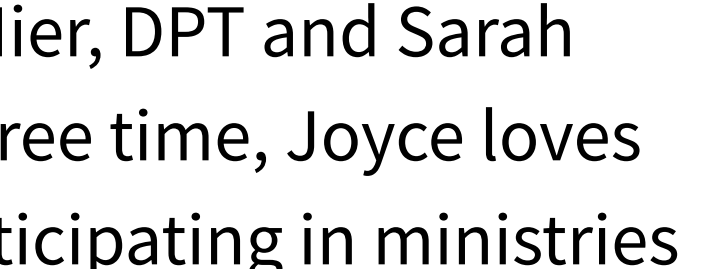
WIN a Hulst Jepsen Physical Therapy Backpack, T-Shirt, Straw Cup & More!

WELCOME TO THE TEAM

JOYCE MIER, DPT
CALEDONIA

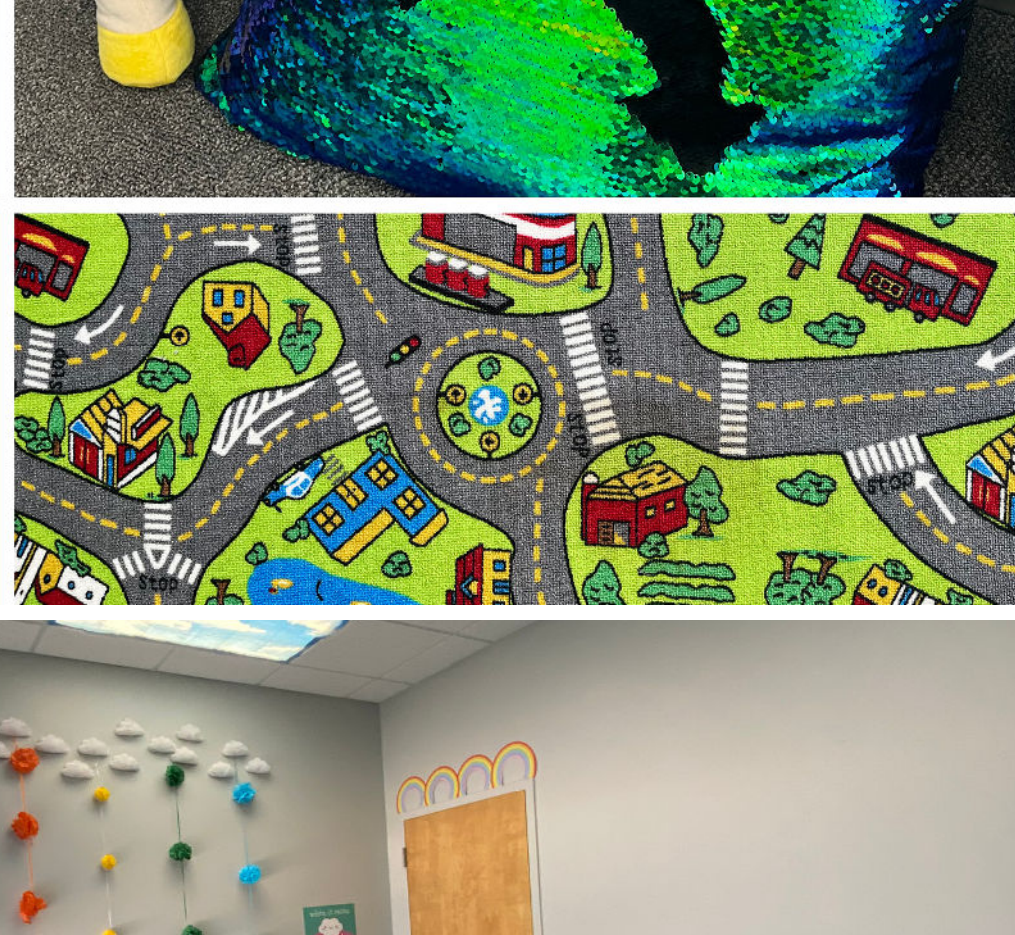


SARAH JOHNSON, DPT
GRAND RAPIDS NW



Join us in welcoming our newest physical therapists... Joyce Mier, DPT and Sarah Johnson, DPT! In her free time, Joyce loves being on the water, participating in ministries at Church, and spending time with her husband and son. Sarah enjoys trying different types of fitness activities, learning guitar, and spending time outdoors with her husband.

NEW PEDIATRICS ROOM



STANDALE



AUGUST EVENTS

hjphysicaltherapy.com/upcoming-events

ZEELAND ZOOM 5K

AUGUST 8



RESCHEDULED FROM JUNE 27TH DUE TO AIR QUALITY ISSUES!

We are proud sponsors of the Zeeland Zoom 5k! This evening adventure goes through beautiful downtown Zeeland. Stop by our tent and meet our Zeeland team!

MITCHELL'S RUN - ROCKFORD

AUGUST 19



We're sponsoring the 25TH Annual Mitchell's Run Thru Rockford 5K which raises money for Muscular Dystrophy research! Visit mitchellsrun.org to learn more or register to run or walk historic downtown Rockford.

BYRON TWP. HEALTH EXPO

AUGUST 21



We're proud to participate in the 11TH annual Byron Township Health Expo! Join us Monday, August 21ST at the Byron Township Community Center from 10 am - 1 pm and meet our the therapists from our Byron Center clinic. Admission is FREE!

READ OUR LATEST BLOGS

hjphysicaltherapy.com/recent-news

ALTER G TREADMILL GETS YOU MOVING AGAIN!

Pat McCloskey, DPT shares this revolutionary piece of technology, the benefits it can provide, and how you can try this treadmill at our Cascade clinic!



SHOULDER INJURY PREVENTION

Shoulder injuries are quite common and can occur due to overuse, sudden impact, or trauma. Scott DeVries, MSPT provides the steps to take to avoid shoulder injury!

