

# SEPTEMBER 2023 NEWSLETTER



ALL CLINICS WILL  
BE CLOSED ON  
**LABOR DAY**

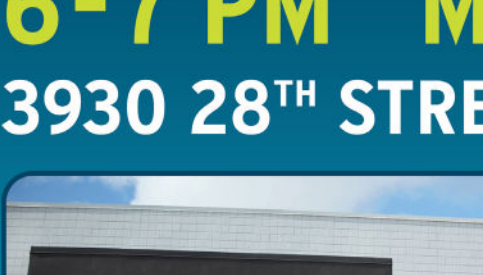
Have a great holiday weekend, everyone!



## FREE SEMINAR

### WOMEN'S HEALTH + RUNNING

WITH SPORTS MEDICINE + PELVIC FLOOR EXPERTS



HALEY EWALD, DPT, CIDN



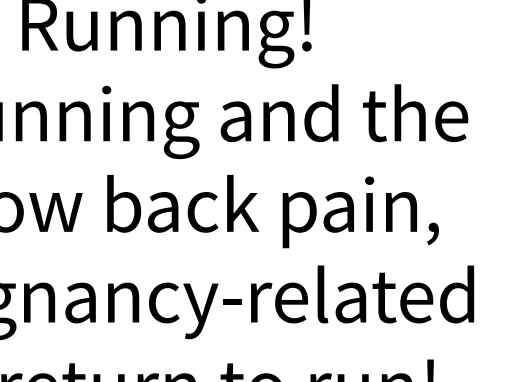
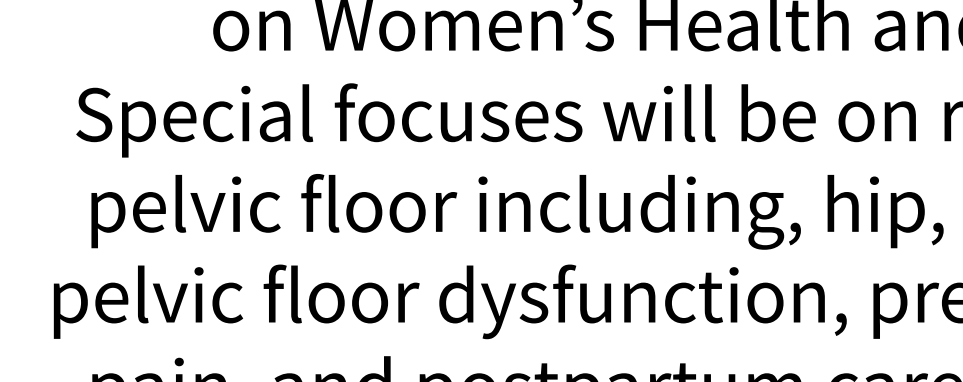
SIERRA REECE, DPT



MARISSA WHEELER, DPT

**6-7 PM MONDAY, SEPTEMBER 25**

3930 28<sup>TH</sup> STREET SE, GRAND RAPIDS, MI 49512



Join us at Gazelle Sports for a FREE SEMINAR on Women's Health and Running!

Special focuses will be on running and the pelvic floor including, hip, low back pain, pelvic floor dysfunction, pregnancy-related pain, and postpartum care/return to run!

## WEEKLY RUNNING CLUB



**7 PM THURSDAYS**

AUGUST 10 - SEPTEMBER 28

84<sup>TH</sup> STREET, BYRON CENTER

3 MILE RUN OR 2 MILE WALK  
KENT TRAILS SOUTH END TRAILHEAD

ALL ARE WELCOME

PRE-RUN DYNAMIC WARM UP  
WITH RUNNING SPECIALISTS



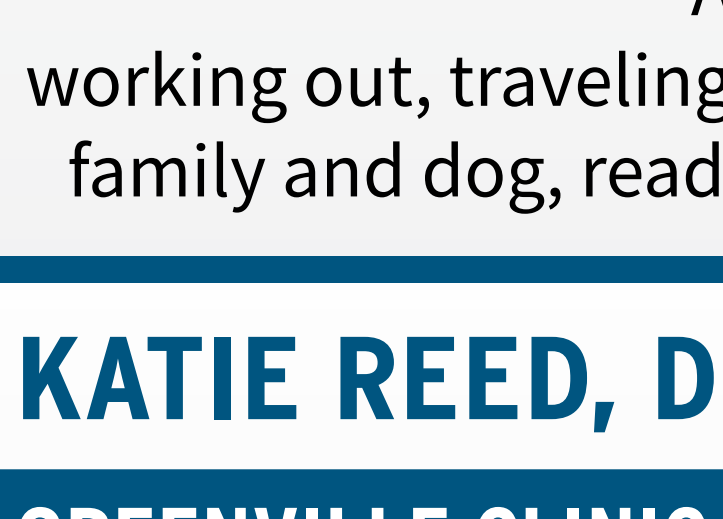
SEBASTIAN AND BRETT



POST-RUN SOCIAL HOUR

\$1 OFF DRAFT BEER, WINE, OR WELL DRINKS

## WELCOME TO THE TEAM!



**ALEXIS RAU, DPT**

**STANDALE CLINIC**

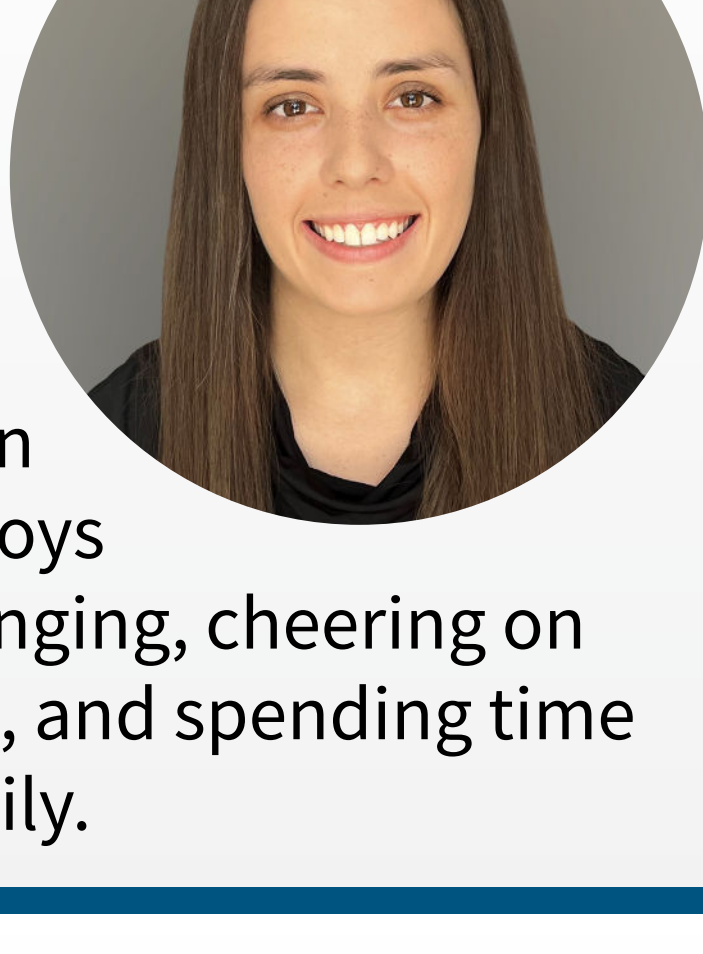
Alexis loves to encourage, motivate, and grow with others!

When she's not at work, Alexis enjoys running and working out, traveling, spending time with her family and dog, reading, and being outdoors.

**KATIE REED, DPT**

**GREENVILLE CLINIC**

Katie values building relationships with her patients and helping them reach their goals! In her spare time, Katie enjoys playing tennis, hiking, singing, cheering on the Michigan Wolverines, and spending time with her friends and family.



**JOEL VANDER LUGT, DPT, SCS**

**CALEDONIA CLINIC**

Joel has experience in a variety of sports injuries and is passionate about returning patients back to activity safely.

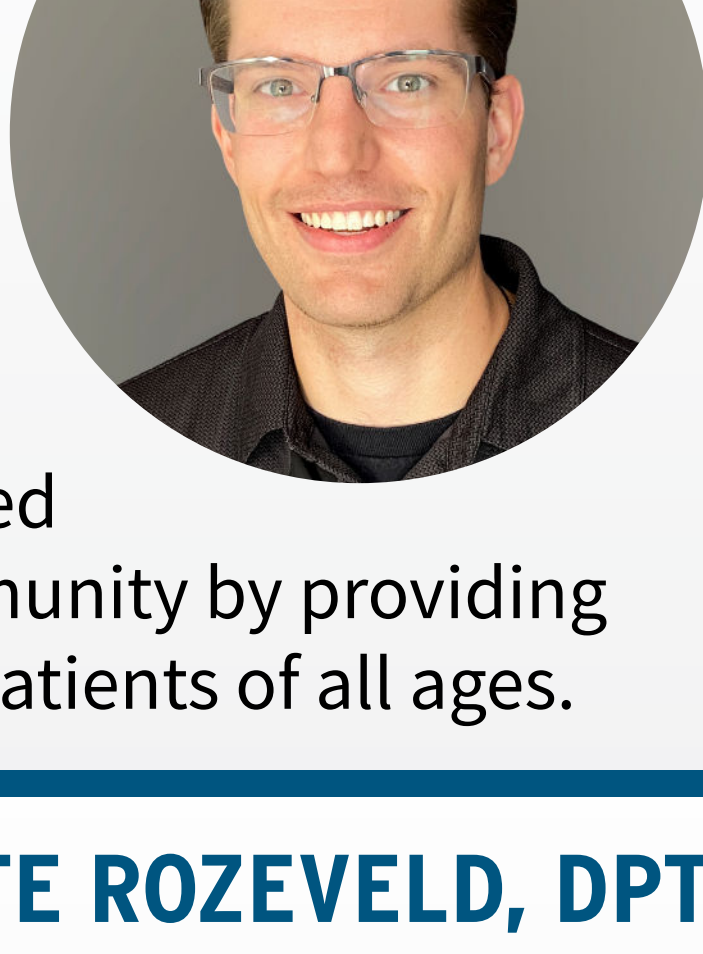
When not at work, Joel enjoys playing tennis, golf, and basketball, as well as traveling to new places with his family!



**LAKE FOCO, DPT**

**GRAND HAVEN CLINIC**

Lake enjoys playing sports, hiking, and traveling to different baseball stadiums with his girlfriend. He is excited to give back to the community by providing compassionate care to patients of all ages.

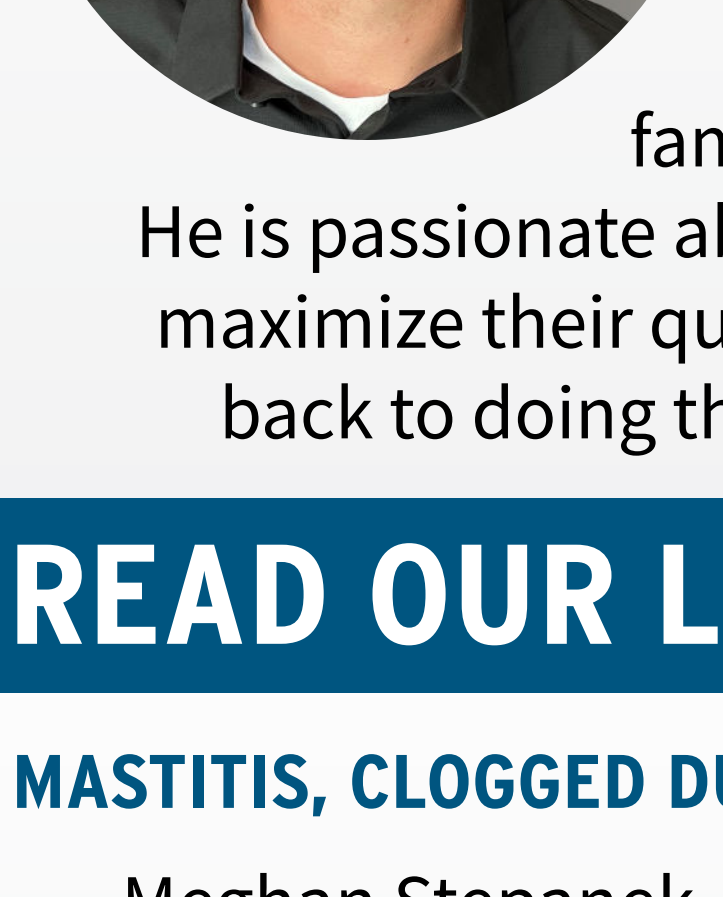


**TATE ROZEVELD, DPT**

**ZEELAND CLINIC**

Tate loves spending time up north, golfing, working out, hanging out with friends and family, and being outdoors.

He is passionate about helping his patients maximize their quality of life and get them back to doing the things that they enjoy.



## READ OUR LATEST BLOGS

### MASTITIS, CLOGGED DUCTS, AND PAIN - OH MY!

Meghan Stepanek, DPT, CLT, of our Grandville clinic shares how physical therapy can make breastfeeding less difficult and painful in this new 4-minute read!



### LOWER BODY ROCK CLIMBING INJURIES

Katie Thomas of our East Grand Rapids clinic talks about common lower body rock climbing injuries and how to prevent and treat them in this 3-minute read!

