



HULST JEPSEN  
PHYSICAL THERAPY

# OCTOBER 2023 NEWSLETTER



## OCTOBER 1-31

### DIAPER & HYGIENE DRIVE



PLEASE HELP US COLLECT THESE MOST NEEDED ITEMS

**DIAPERS**

SIZES:  
4 5 6

**PULL-UPS**

SIZES:  
3T/4T 4T/5T

### PERSONAL HYGIENE PRODUCTS

- LOTIONS/CREAMS
- TOOTH PASTE
- SOAP/SHAMPOO
- PADS/TAMPONS
- BODY SPRAYS
- DEODORANT
- BABY WIPES
- PAPER TISSUES
- CLEANING PRODUCTS: DISINFECTANT SPRAYS AND WIPES, LAUNDRY DETERGENT, ETC.

### PARTICIPATING HULST JEPSEN PHYSICAL THERAPY LOCATIONS

BYRON CENTER	GRAND HAVEN	GRANDVILLE	ROCKFORD
CALEDONIA	GRAND RAPIDS CITY	HUDSONVILLE	STANDALE
EAST GRAND RAPIDS	GRAND RAPIDS NE	JENISON	WYOMING
GAINES TOWNSHIP	GRAND RAPIDS NW	KENTWOOD	ZEELAND



PLEASE JOIN US WEARING PINK ON WEDNESDAYS IN OCTOBER TO SPREAD AWARENESS AND SHOW SUPPORT TO THOSE IMPACTED BY BREAST CANCER

**VISIT THE FRONT DESK FOR A FREE BREAST CANCER AWARENESS BUTTON**



HULST JEPSEN  
PHYSICAL THERAPY

## 6<sup>TH</sup> ANNUAL

# PUMPKIN CONTEST

PUBLIC VOTING BEGINS OCTOBER 26

**ON FACEBOOK**



## PREVIOUS WINNERS



HUDSONVILLE  
2022



JENISON  
2021



2020  
GRAND RAPIDS NW



CASCADE  
2019



STANDALE  
2018

WHICH CLINIC WIN THIS YEAR?

## UPCOMING EVENTS

**HUDSONVILLE - URBAN HAY DAY** **OCT. 7**



A day filled with hay rides, pony rides, live music, bounce houses, pumpkin carving, mechanical bull, pumpkin smashing, and more! Stop by our tent for FREE Cider & Donuts! Downtown Hudsonville 11 am - 4 pm

**CEDAR SPRINGS - RED FLANNEL DAY** **OCT. 7**

Celebrating 84 Years! All-day fun for the whole family in downtown Cedar Springs including flapjack breakfast, marching band competition, bingo, pie eating contest, car show, talent show, grand parade, and more!



**WYOMING - TRICK OR TREAT TRAIL** **OCT. 7**



This family-friendly FREE event will have candy, costumes, face painting, music, bounce houses, and more. Stop by our candy table as you stroll through the park! 4-6 pm in Lamar Park 2561 Porter Street SW, Wyoming

**CALEDONIA - CAL CRUSHER** **OCT. 21 - OCT. 22**

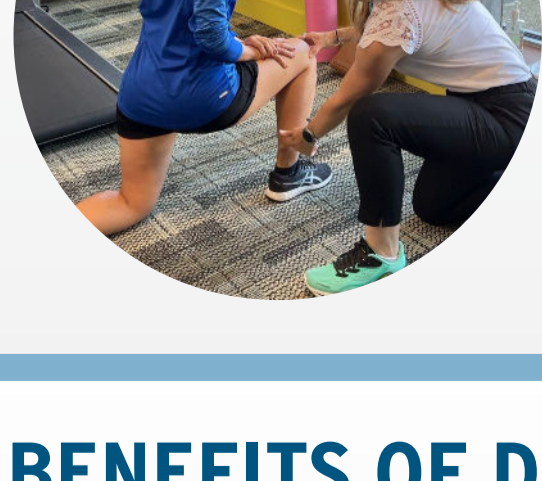
Crush as many miles as you can in 30 hours on a 5-mile loop through Caledonia. Join our team and run to raise money for research at the Dementias Research Area - Van Andel Institute! Goes from 6 am on Saturday to noon on Sunday.



VISIT OUR UPCOMING EVENTS PAGE TO LEARN MORE

## READ OUR LATEST BLOGS

### RUNNING AFTER ACHILLES TENDINITIS

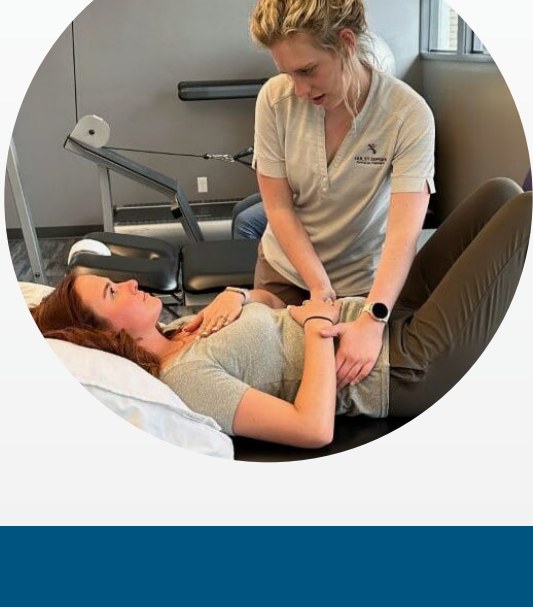


Scott DeVries, MSPT, breaks down exactly what Achilles tendinitis is and shares 5 tips for those who are returning to running!

5 MINUTE READ

### BENEFITS OF DIAPHRAGMATIC BREATHING

Haley Ewald, DPT, explains what "Belly Breathing" is, its health benefits, and how to practice diaphragmatic breathing on your own!



4 MINUTE READ