



**HULST JEPSEN**  
PHYSICAL THERAPY

# APRIL 2024 NEWSLETTER

Spring is here, and so are three thrilling 5k runs/walks! Meet our newest PTs and catch our latest blog for wellness tips. Let's make April a month of progress!

## UPCOMING EVENTS

**SATURDAY, APRIL 13 9 AM START**

### WHEEL RUN FOR EVERYONE 5K



ACCESS EQUIPMENT



ENHANCE INDEPENDENCE



PROMOTE INCLUSION

**HULST JEPSEN PHYSICAL THERAPY PROUD 2024 SPONSOR**

**GRAND VALLEY STATE UNIVERSITY - ALLENDALE, MI**

**PROCEEDS BENEFIT** Renew Mobility

Meet our team and spin our prize wheel for candy or fun swag at this year's Wheel Run for Everyone! The deadline for the limited edition t-shirt is March 31 at noon.

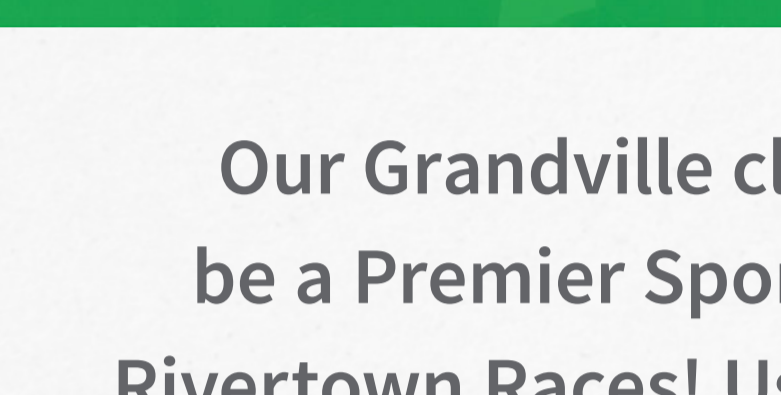
**HULST JEPSEN PHYSICAL THERAPY**

**2024 PREMIER SPONSOR**

**GRANDVILLE CLINIC**



10% OFF CODE: **HJPT24**



**SATURDAY APRIL 20**

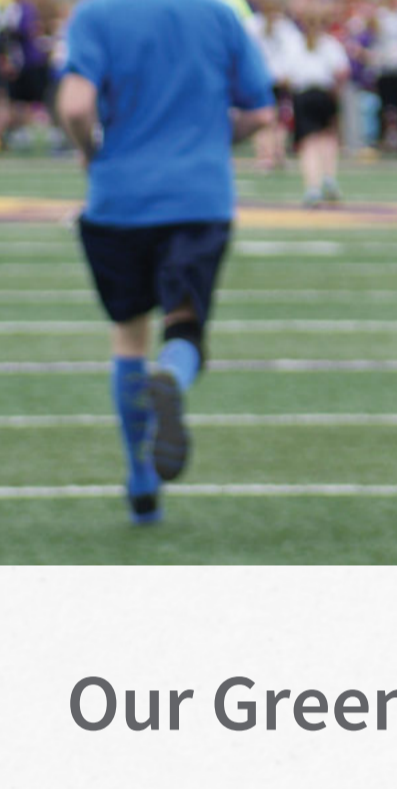
**MILLENNIUM PARK**

### 5K, 10K, AND HALF MARATHON

Our Grandville clinic is proud to be a Premier Sponsor of the 2024 Rivertown Races! Use code HJPT24 to receive 10% off your registration. With a 5K, 10K, Half Marathon, and 1-mile fun run - there's a race for everyone!

**GREENVILLE CLINIC PROUD RETURNING SPONSOR**

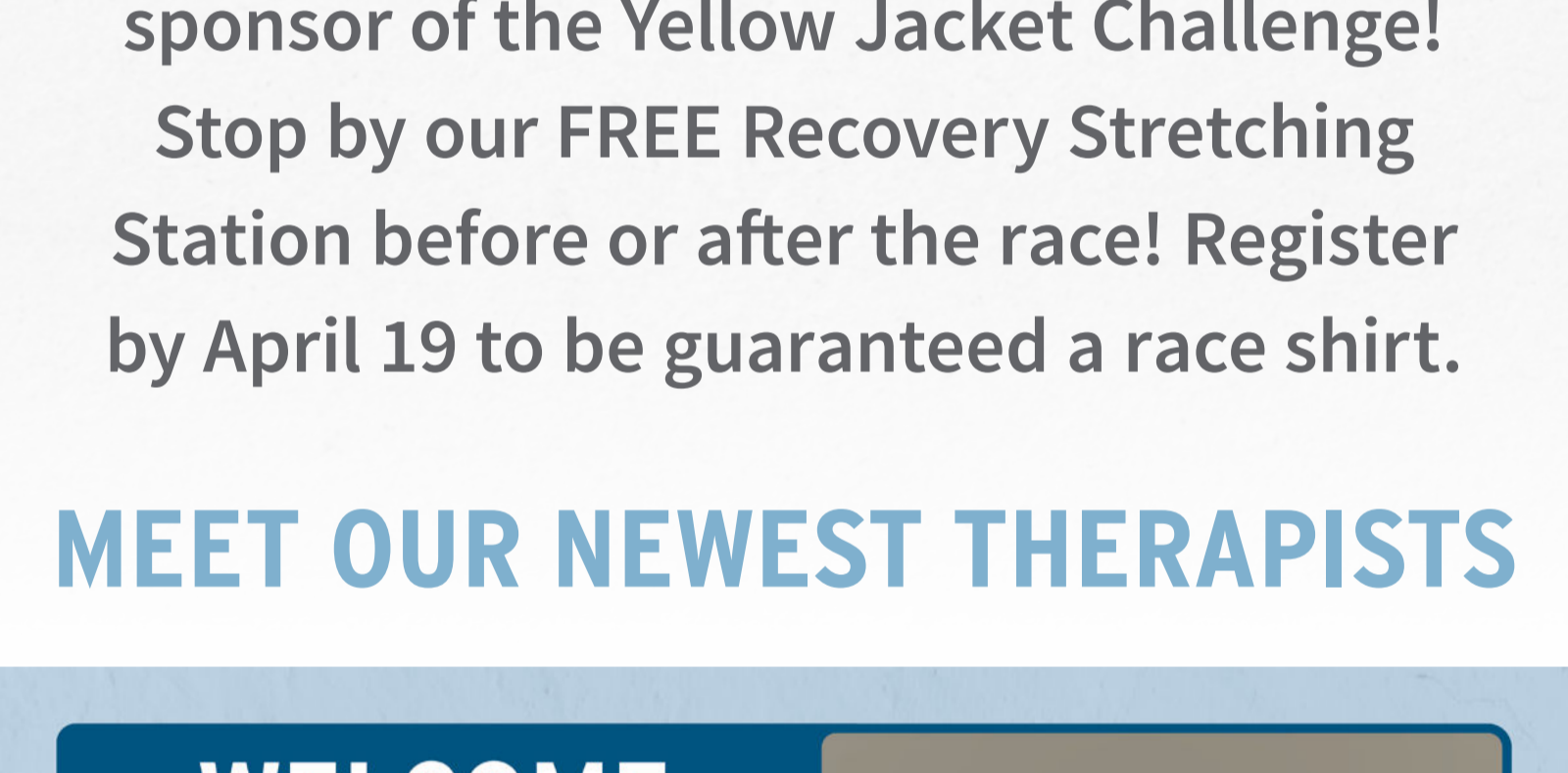
**HULST JEPSEN PHYSICAL THERAPY**



Greenville Public Schools  
**2024 Yellow Jacket Challenge!**  
5K Run 1 Mile Walk & Young Yellow Jacket Fun Runs

**SUNDAY APRIL 28**

**GREENVILLE HIGH SCHOOL**



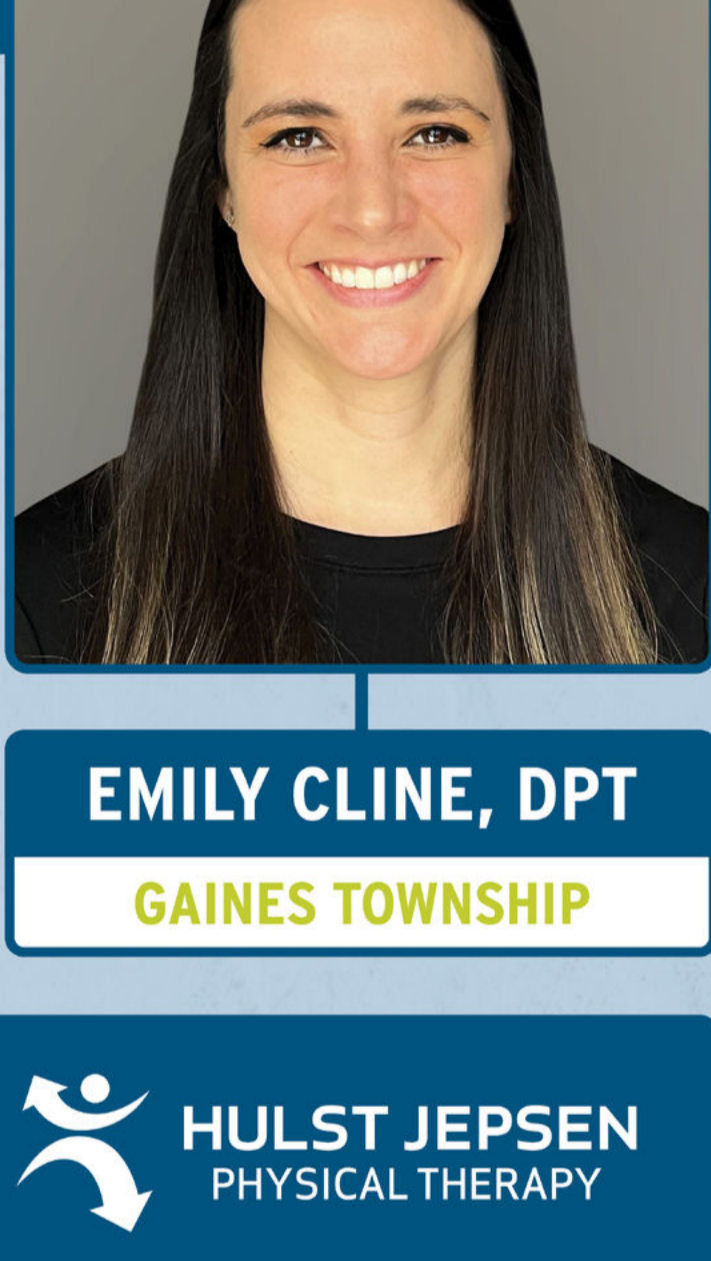
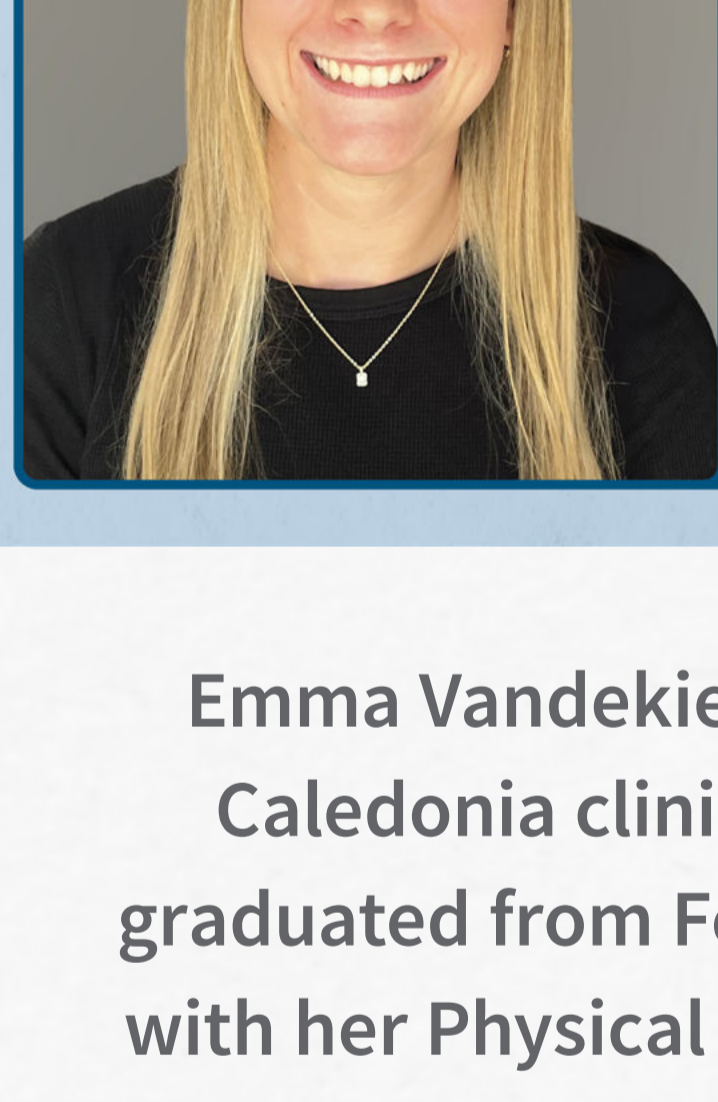
Our Greenville clinic is a proud returning sponsor of the Yellow Jacket Challenge! Stop by our FREE Recovery Stretching Station before or after the race! Register by April 19 to be guaranteed a race shirt.

## MEET OUR NEWEST THERAPISTS

**WELCOME TO THE TEAM**

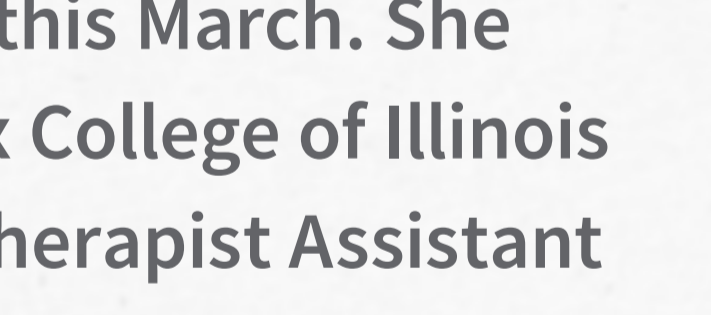
**EMMA VANDEKIEFT, PTA**

**CALEDONIA**



**EMILY CLINE, DPT**

**GAINES TOWNSHIP**



Emma Vandekieft, PTA joined our Caledonia clinic this March. She graduated from Fox College of Illinois with her Physical Therapist Assistant degree. Her clinical interests include orthopedics, return to sport, and geriatric maintenance therapy. She loves working with athletes along with the elderly. In her spare time, Emma enjoys spending time outdoors hiking, playing tennis and pickleball, and quality time with friends and family.

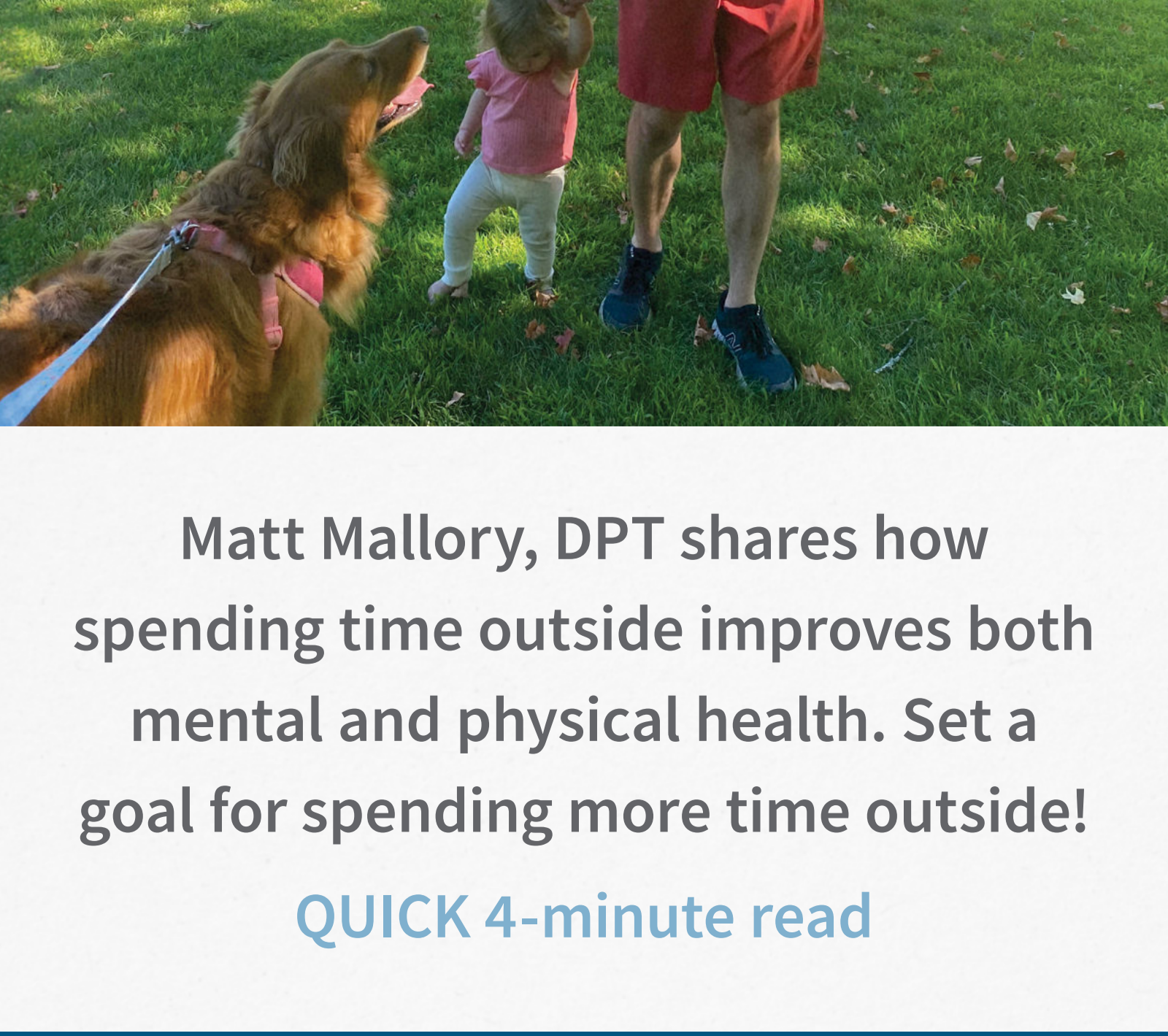
Emily Cline, DPT joined our Gaines Township clinic this February! She received her Bachelor of Science in Kinesiology from Michigan State University and then continued her education at the University of Michigan-Flint, earning her Doctorate of Physical Therapy in 2016. In her free time, Emily enjoys traveling, hiking, biking, reading, and spending time with family and friends.

## READ OUR LATEST BLOG

BENEFITS OF...

### SPENDING TIME OUTSIDE

**NEW BLOG**



Matt Mallory, DPT shares how spending time outside improves both mental and physical health. Set a goal for spending more time outside!

**QUICK 4-minute read**