



Issue 54

INSIDE OUR DOOR

December 2018

IN CASE YOU MISSED IT.

Morgantown, WV

Weston, WV

Bridgeport, WV

In October we celebrated National Physical Therapy Month and National Massage Therapy Week. Our staff and patients also participated in dressing up for Halloween and Spirit Week. Below are some of the fun moments captured during those events.



Our Offices will be closed for the following Holidays:

Christmas:

Monday December 24, 2018
and
Tuesday December 25, 2018

New Year's:

Tuesday January 1, 2019

As we embark on our 23rd year of serving the public, we would like to thank our patients, staff, community, physicians, family and friends for making 2018 a great year.

We appreciate each of you and look forward to the New Year.

Thank you and have a great 2019!



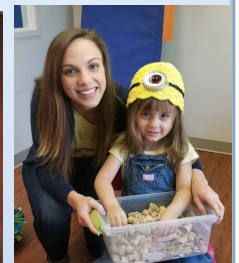
Therapy Services also participated in the **Senior Monongalians: Senior Expo.**, which was held at the Mountaineer Mall on September 27, 2018.

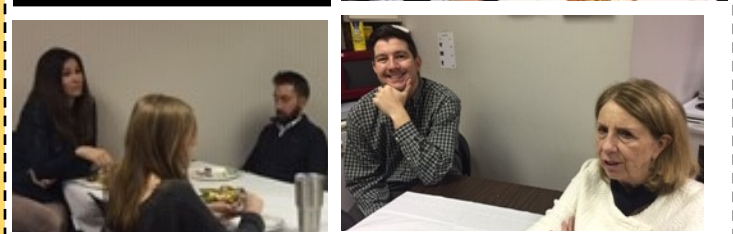


We also participated in the **Mylan Pharmaceutical Rewards Fair**, which was held September 26 - 28, 2018. We had a marketing display, where we provided information, fun games with great prizes for those who stopped by to talk with us. Laurie provided complimentary chair massages at all three Mylan Locations.



Halloween and Spirit Week





AVOID TEMPTATION

Fill your kitchen with healthy foods, nutrient rich foods, such as:

- ◆ **Lean Protein** (chicken breast, turkey breast, fish, and egg whites)
- ◆ **Fresh Fruits** (oranges, apples, grapes, and strawberries)
- ◆ **Raw Vegetables** (mushrooms, broccoli, squash, green beans, and red peppers)
- ◆ **Healthy Snack Foods** (non-fat cottage cheese, sugar free jello, and protein bars)
- ◆ **Bottled Water**

Helpful tips for a healthier you.

Start 2019 off right!

Mini-Goals

Small changes weekly can make your weight-loss transition much easier.

Week 1: Drink 10 glasses of water per day.

Week 2: Take the stairs at work instead of the elevator.

Week 3: Eliminate soda or switch to diet soda.

Week 4: Eliminate fried foods.

Week 5: Begin eating one vegetarian meal per week.



Stress Free Christmas List:

- ✓ Get a Massage
- ✓ Massage Therapy Gift Certificates for Everyone
- ✓ RELAX and ENJOY the Holiday



Gift certificates are available
at the front desk.
Pick up yours today!

facebook

Be sure to follow us on Facebook. Where you can see all of our Holiday photos and more.