

HEALTHY FOCUS

Home is HCMC

YOUR MONTHLY HEALTH NEWSLETTER | OCTOBER 2022



COMMUNITY CALENDAR



FACEBOOK LIVE: LET'S GET PHYSICAL

How to overcome 11 barriers to physical activity

October 22, 2022, 12pm

[MORE INFO](#)

Don't miss our full list of upcoming classes and events.

[View Calendar](#)

PHYSICAL THERAPY:

GET BACK TO WHAT MATTERS MOST

Physical therapy (PT) is an effective, non-invasive way to reduce pain, improve mobility, and increase your range of motion following a hospital stay. Physical therapy can also prepare you to withstand the rigors of surgery and set you up for a successful recovery afterward.



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LEARN NOT TO RETURN

There's no place like home! After spending time in the hospital, the last thing you want to do is go back. Unfortunately, one in five patients is readmitted within 30 days of being discharged. Despite being so common, readmission is usually avoidable. Follow these steps to help you on your personal path to wellness.

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PROVIDER SPOTLIGHT:

HCMC CENTER FOR WELLNESS AND REHABILITATION OFFERS AQUATIC THERAPY



Brittany Stenberg, PTA, offers 1-on-1 aquatic therapy sessions at the HCMC Center for Wellness and Rehabilitation in our private pool. Aquatic therapy has many benefits in physical therapy for patients. The healing properties of water can help arthritic pain, fibromyalgia, and some chronic pain. Water reduces stress on joints and can produce faster outcomes with less pain.

Stenberg is a native of Jackson, TN and attended North Side High School before moving on to Jackson State Community College where she earned a degree as a physical therapy assistant. She brings a wealth of experience in aquatic therapy as well as outpatient therapy. The HCMC Center for Wellness and Rehabilitation offers convenient and specialized care providing services for a variety of diagnoses. For more information, please call us at (731) 642-2411 or click here:

[LEARN MORE](#)

RECIPE:

Spinach and Goat Cheese Omelet

Kick off your day with this delicious breakfast loaded with protein and healthy fats.



SPINACH AND GOAT CHEESE OMELET

