YOUR MONTHLY HEALTH NEWSLETTER OCTOBER 2 0 2 2



# COMMUNITY CALENDAR



## LET'S GET PHYSICAL How to overcome 11 barriers to physical activity

October 22, 2022, 12pm

FACEBOOK LIVE:

**MORE INFO** 

### View Calendar

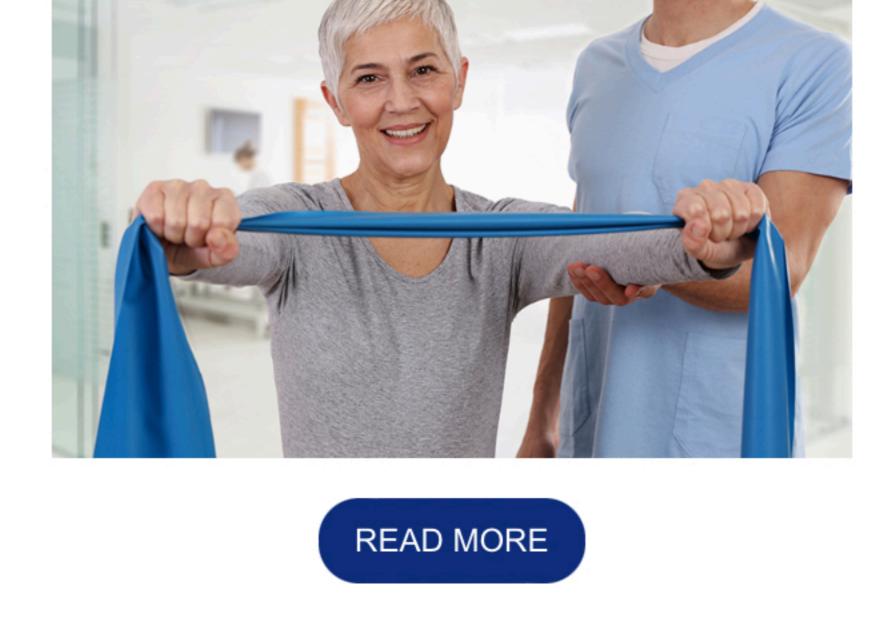
Don't miss our full list of upcoming classes and events.

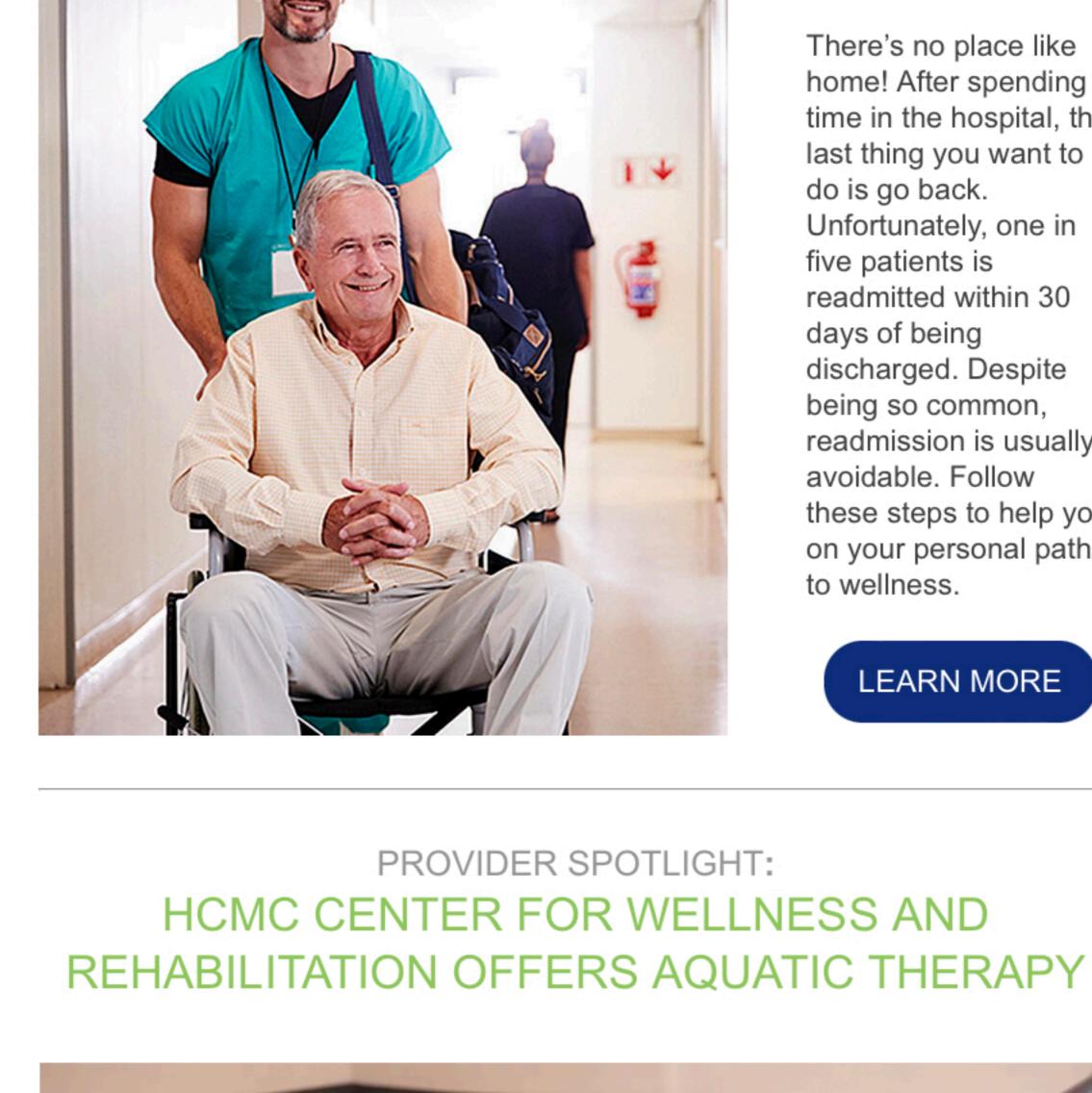
PHYSICAL THERAPY:

### 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

GET BACK TO WHAT MATTERS MOST

therapy can also prepare you to withstand the rigors of surgery and set you up for a successful recovery afterward.





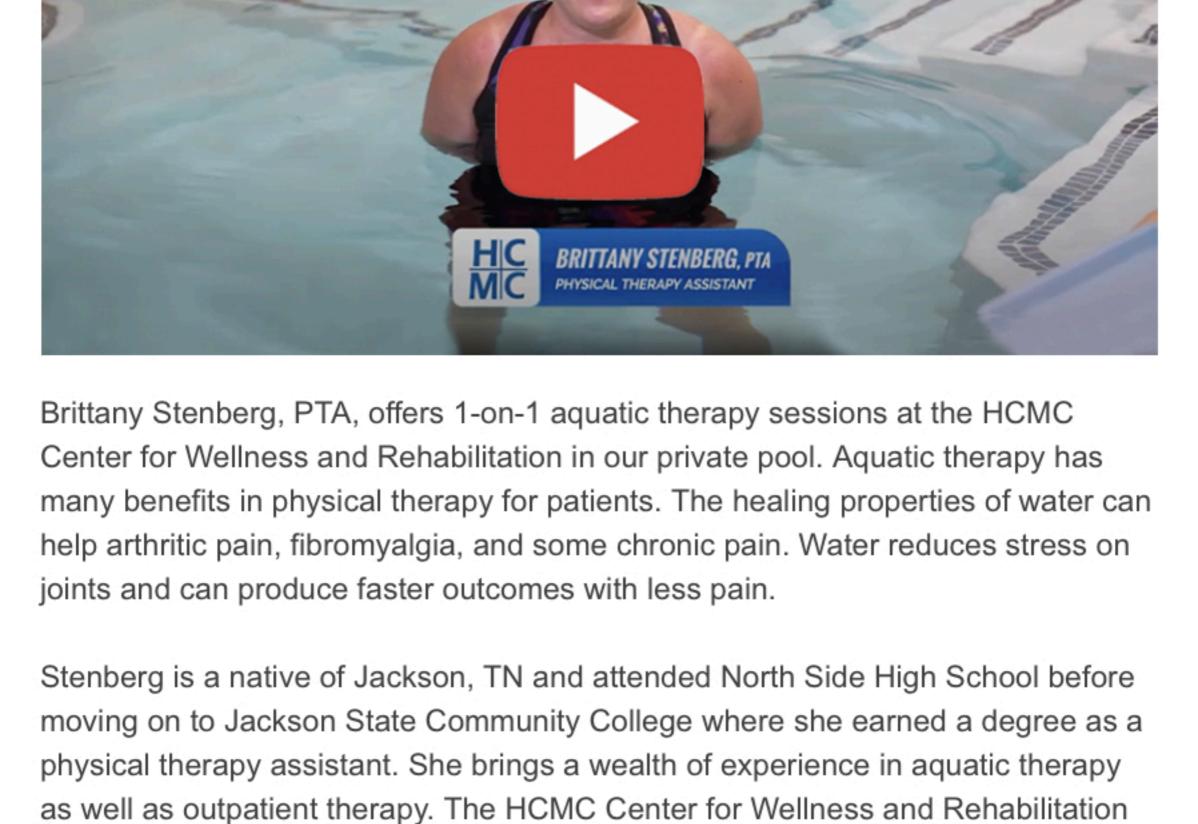
#### There's no place like home! After spending time in the hospital, the last thing you want to

do is go back.

LEARN NOT

TO RETURN

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. **LEARN MORE** 



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

RECIPE:

Spinach and Goat Cheese Omelet











