



www.PTandMe.com



# MONTHLY PHYSICAL THERAPY Events

## IN YOUR COMMUNITY!

JUNE  
2016

### CALIFORNIA

#### ANAHEIM, CA

JUNE 21ST - 23RD, 2016

CMSA'S 26th Annual Conference and Expo

#### FIT2WRK - Booth 312

Fit2wrk will be in attendance at the 2016 CMSA Conference in Anaheim, CA. Fit2wrk provides an integrated approach to ensuring overall client satisfaction. Our industrial specialists can review your own needs and co-develop programs designed to expedite return to work as well as positively impact future injury costs. For more info on Fit2wrk go to [www.fit2wrk.com](http://www.fit2wrk.com).

### GEORGIA

#### ATLANTA, GA

JUNE 12TH, 2016

Hotlanta Half Marathon

#### ATLANTA FALCONS PHYSICAL THERAPY CENTERS - Atlanta

Atlanta Falcons Physical Therapy Centers is a proud sponsor of the Hotlanta Half Marathon for 2016. They look forward to seeing you there. To register for the run go to [www.hotlantahalf.com](http://www.hotlantahalf.com). More info about Atlanta Falcons Physical Therapy Centers can be found at [www.atlantafalconsptc.com](http://www.atlantafalconsptc.com).

#### GREENSBORO, GA

JUNE 13TH, 2016

Introduction to Essential Oils (FREE) 6PM

#### ADVANCE REHABILITATION PHYSICAL THERAPY Greensboro

Hosted by Advance Rehabilitation at Cowles Clinic to provide an educational seminar regarding alternative medicine using DoTerra Essential Oils. They will cover the basics of essentials oils, including how to choose a quality oil, how to use them safely, and which essential oils can be part of your daily routine. To register for this class call (706) 454-1394 or email [ajackson@advancerehab.com](mailto:ajackson@advancerehab.com). More info about Advance Physical Therapy in Greensboro can be found at [www.advancerehab.com](http://www.advancerehab.com).

### MICHIGAN

#### BYRON CENTER, MI

JUNE 10TH 2016

Byron Center Athletic Boosters Alumni Golf Outing 1pm

#### THE CENTER FOR PHYSICAL REHABILITATION

The Center for Physical Rehabilitation is a sponsor and is participating in the Golf Outing for Byron Center Athletic Boosters. The event is being held at Maple Hill Golf Course. To register to play go to <http://byroncentersports.com/2016/02/01/2016-boosters-alumni-golf-outing-info/> For more info about The Center for Physical Rehabilitation go to [www.pt-cpr.com](http://www.pt-cpr.com).

#### COMSTOCK PARK, MI

JUNE 25TH 2016

Football Golf Outing for Comstock Park Athletics 8am

#### THE CENTER FOR PHYSICAL REHABILITATION

The Center for Physical Rehabilitation is a sponsor and is participating in the Comstock Park Football Team's annual Golf Outing. The event is being held at Scott Lake Country Club. For more information on the event go to <http://comstockparkathletics.com/2016/04/12/cp-football-golf-outing/> For more info about The Center for Physical Rehabilitation go to [www.pt-cpr.com](http://www.pt-cpr.com).

#### GRAND RAPIDS, MI

JUNE 2016

Clinic Opening - Downtown Grand Rapids

#### THE CENTER FOR PHYSICAL REHABILITATION - Grand Rapids

The Center for Physical Rehabilitation has been providing all-inclusive physical therapy services, since 1994, at four convenient locations: Belmont, Byron Center, Cascade, Walker, and now at a fifth location in downtown Grand Rapids. For more information about The Center for Physical Rehabilitation go to [www.pt-cpr.com](http://www.pt-cpr.com).

# MONTHLY

# PHYSICAL THERAPY

# Events

## IN YOUR COMMUNITY!

JUNE  
2016

### MICHIGAN CONT.

#### GRAND RAPIDS, MI

JUNE 13TH - JULY 28TH, 2016

Strength and Conditioning Program for Ages 11-14

#### THE CENTER FOR PHYSICAL REHABILITATION - Grand Rapids

The Academy for Sports and Wellness is offering a Strength and Conditioning program to enhance Long term athletic development for athletes ages 11 to 14. This 6 week, program will help athletes build confidence as they learn the principals to proper weight lifting and the importance of strength training, in conjunction with overall fitness conditioning. For more information about The Center for Physical Rehabilitation go to [www.pt-cpr.com](http://www.pt-cpr.com).

#### SOUTHGATE, MI

JUNE 20TH, 2016

Building Better Runners Series (FREE) 7:30pm

#### ADVANCED PHYSICAL THERAPY - Southgate

Advanced Physical Therapy is starting their Building Better Runner Series for 2016. Their first topic of discussion is Glute Activation for Runners presented June 20th in the Southgate Clinic. Seating is limited, so call 734-284-6582 to reserve your spot. For more information about Advanced Physical Therapy you can find them online at [www.advphysicaltherapy.com](http://www.advphysicaltherapy.com).

#### ST. CLAIR SHORES, MI

ALL WEDNESDAYS IN JUNE

Nautical Rides in St. Clair Shores 6:30PM - 7PM

#### ADVANCED PHYSICAL THERAPY - Greater Detroit

Advanced Physical Therapy is a sponsor for the 2016 Nautical Bike Rides that take place every Wednesday night in June. Advanced will be providing biking tips and other information for riders throughout the month. Join Advanced Physical Therapy on your bike as they ride through St. Clair Shores and have a great time! For more information about Advanced Physical Therapy go to [www.advphysicaltherapy.com](http://www.advphysicaltherapy.com).

### MISSOURI

#### KANSAS CITY, MO

JUNE 30TH, 2016

Work Comp Panel Discussion 3pm

#### ARC PHYSICAL THERAPY+ - Kansas City

ARC Physical Therapy+ is hosting a Work Comp Panel Discussion examine recent or anticipated changes in workers' compensation. This discussion will take place at the Boulevard Brewery and will be an open forum for questions from attendees. For more info about ARC Physical Therapy+ visit them online at [www.arcpt.com](http://www.arcpt.com).

### NEVADA

#### SPARKS, NV

JUNE 4TH, 2016

UPS Health Fair 10am - 2pm

#### CUSTOM PHYSICAL THERAPY - Sparks

Custom Physical Therapy in Sparks, NV will be attending the UPS Health Fair on Saturday June 4th at 301 Vista Blvd. If you are attending stop by the Custom Physical Therapy table, meet the staff, and get lots of great information! For more information about Custom Physical Therapy visit them online at [www.custom-pt.com](http://www.custom-pt.com).

### NEW JERSEY

#### ATLANTIC CITY, NJ

JUNE 22ND - 24TH, 2016

17TH Annual PA/NJ IARP Conference

#### HAMILTON PHYSICAL THERAPY - Hamilton

Hamilton Physical Therapy will be attending the 17th Annual PA/ NJ IARP Conference from June 22nd - 24th at the Tropicana Casino & Hotel in Atlantic City NJ. Geared towards Work Comp and Case Managers. Stop by the Hamilton Physical Therapy display, meet the staff, and get lots of great information! For more information about Hamilton Physical Therapy visit them at [www.hamiltonphysicaltherapy.org](http://www.hamiltonphysicaltherapy.org)

#### HACKETTSTOWN, NJ

JUNE 5TH, 2016

5K Walk/Run for the Thomas R. Kitchen Memorial Fund

#### PHYSICAL THERAPY PLUS - Hackettstown

Join Physical Therapy Plus, a sponsor in this year's annual 5K Walk/Run for the Thomas R. Kitchen Memorial Fund - a fund raiser for scholarships for Hackettstown High School seniors and to raise awareness for Cholangiocarcinoma! The event is at Field of Dreams in Independence, NJ For more info about Physical Therapy Plus visit them at [www.ptplusnj.com](http://www.ptplusnj.com).

# MONTHLY

# PHYSICAL THERAPY

# Events

## IN YOUR COMMUNITY!

JUNE  
2016

### OREGON

#### ALOHA, OR

JUNE 20TH 2016

Lewis & Clark PAC Golf Classic 10:30am - 6pm

#### NORTH LAKE PHYSICAL THERAPY & REHABILITATION

North Lake Physical Therapy is Sponsoring the 24th Annual Lewis & Clark PAC Golf Classic at the The Reserve Vineyard & Golf Club in Aloha, OR. They can't wait to see you on the links! To register for the tournament go to <http://lcpioneers.com/information/PAC-HOF/2016golfclassic.pdf>. For information about North Lake Physical Therapy visit them at: [www.northlakept.com](http://www.northlakept.com).

#### CLACKAMAS, OR

JUNE 5TH 2016

My Best Day 5K

#### NORTH LAKE PHYSICAL THERAPY & REHABILITATION

##### Clackamas

North Lake Physical Therapy is Sponsoring the My Best Day 5K supporting the Jake Arntson Memorial Fund in Clackamas, OR. Celebrating the memory of a boy that was a light to not only his family, but everyone that knew him. To register for the 5k go to <https://www.signmeup.com/site/online-event-registration/112880>. For information about North Lake Physical Therapy visit them at: [www.northlakept.com](http://www.northlakept.com).

#### LAKE OSWEGO, OR

JUNE 2016

Fleet Feet Couch to 5K and 10K training programs

#### NORTH LAKE PHYSICAL THERAPY & REHABILITATION

##### Lake Oswego

North Lake Physical Therapy is helping runners in the Fleet Feet Couch to 5K and 10K programs reach their goals. This 12 week program is a great way to pursue your walking and running goals. For more information on the Fleet Feet programs offered in Lake Oswego go to [www.fleetfeetpdx.com/training](http://www.fleetfeetpdx.com/training). For information about North Lake Physical Therapy visit them at: [www.northlakept.com](http://www.northlakept.com).

### TIGARD, OR

JUNE 25TH 2016

Twilight Run

6:30pm

#### NORTH LAKE PHYSICAL THERAPY & REHABILITATION

##### Tigard

North Lake Physical Therapy in Tigard is Tigard is sponsoring the Twilight Run supporting the Tigard-Tualatin Schools Foundation. The Foundation for Tigard Tualatin Schools is a non-profit organization that: Advocates for, and raises awareness about, the importance of strong schools in our community. To register for the twilight run go to <http://twilightrun.the-fits.org>. For information about North Lake Physical Therapy visit them at: [www.northlakept.com](http://www.northlakept.com).

### TENNESSEE

#### LAWRENCEBURG, TN

JUNE 28, 2016

Employer Outreach Luncheon 12pm - 1:30pm

#### STAR PHYSICAL THERAPY – Lawrenceburg

The WEOC is an ongoing effort by the TN Department of Labor & Workforce Development to reach out to TN employers and provide valuable information to foster economic development and to promote our services. Topic for June: Sudden Violence-Surviving an Active Shooter. Please register online and confirm your attendance by Friday, June 24th by clicking on the following link: <http://goo.gl/forms/TTD2EM1K3K>.

#### LEXINGTON, TN

JUNE 16, 2016

Pie Toss for American Heart Association 11am - 2pm

#### STAR PHYSICAL THERAPY – Lexington

Hit Keith with a pie for a great cause! Each pie is \$5 or you can get 5 pies for \$20. All donations benefit the American Heart Association. For more information call 731.967.3788 or visit STAR Physical Therapy online at [www.STARpt.com](http://www.STARpt.com).

#### MT. PLEASANT, TN

JUNE 2016

Clinic Re-Opening after Fire

#### STAR PHYSICAL THERAPY – Mt. Pleasant

The STAR Physical Therapy Clinic in Mt. Pleasant is returning home after their office building was damaged by a fire. The clinic has been completely restored and the therapists are super excited to get back to their home space. For more information about STAR Physical Therapy go to [www.STARpt.com](http://www.STARpt.com).



# MONTHLY Events

## PHYSICAL THERAPY

### IN YOUR COMMUNITY!

JUNE  
2016

#### TENNESSEE CONTINUED

##### ALL STAR PHYSICAL THERAPY IN TN

JUNE 01- JULY 01, 2016

Hoop it up for the Heart (Hula Hoop) Challenge!

##### STAR PHYSICAL THERAPY

STAR Physical Therapy is excited to partner with the American Heart Association (AHA). Their mission is "To build healthier lives, free of cardiovascular diseases and stroke". The goal this year will be somewhat like years past but with a twist. Be on the lookout for the Hoop it up for the Heart (Hula Hoop) Challenge! They are putting an emphasis on employee wellness, along with a charitable fundraiser and community involvement. For more information visit STAR Physical Therapy at [www.STARpt.com](http://www.STARpt.com).

#### VIRGINIA

##### BRAMBLETON, VA

JUNE 21ST, 2016

Clinic Opening - Brambleton, VA

##### THE JACKSON CLINICS - Brambleton

The Jackson Clinics is happy to announce the opening of its newest location in Brambleton, VA - located at 42365 Soave Dr. Brambleton, VA 20148. For more information about The Jackson Clinics visit them online at [www.thejacksonclinics.com](http://www.thejacksonclinics.com).

##### FAIRFAX COUNTY, VA

JUNE 2ND - 20TH 2016

High School Physicals in Fairfax County

- 2ND Fairfax High School Physicals
- 7TH Langley High School Physicals
- 13TH Robison High School Physicals
- 14TH Woodson High School Physicals
- 15TH Falls Church High School Physicals  
Westfield High School Physicals
- 20TH Centreville High School Physicals  
Marshall High School Physicals

##### THE JACKSON CLINICS

The Jackson Clinics will be helping local students complete their physicals. For information on times please contact your school's athletic dept. For more info about The Jackson Clinics visit them at [www.thejacksonclinics.com](http://www.thejacksonclinics.com).

##### LEESBURG, VA

JUNE 5TH, 2016

Smashing Walnuts Walk and Fitness Challenge 11am – 2pm

##### THE JACKSON CLINICS - Skyline

The Jackson Clinics will be participating in the Smashing Walnuts Walk and Fitness Challenge to Crack the Cure for Childhood Brain Cancer. The walk will be held at Heritage High School in Leesburg, VA. To register for the Smashing Walnuts go to [www.smashingwalnuts.org](http://www.smashingwalnuts.org). For more information about The Jackson Clinics visit them online at [www.thejacksonclinics.com](http://www.thejacksonclinics.com).

##### RESTON, VA

JUNE 4TH & 5TH, 2016

Reston Sprint Triathlon

4TH Packet pickup stretching & mobility 11am - 4pm

5TH Post race stretching 7:30am - 10:30am

##### THE JACKSON CLINICS

The Jackson Clinics will be available to help Reston Sprint Triathlon runners with pre stretching and mobility during packet pick up. The following morning, The Jackson Clinics team will be present to assist athletes with post race stretching. To register for the Reston Tri go to [www.restonsprinttri.org](http://www.restonsprinttri.org). For more information about The Jackson Clinics visit them online at [www.thejacksonclinics.com](http://www.thejacksonclinics.com).

##### WILLIAMSBURG, VA

JUNE 15TH & 16TH, 2016

Virginia Self-Insurers Association 2016 General Meeting

##### THE JACKSON CLINICS

The Jackson Clinics will be attending the Virginia Self-Insurers Association 2016 General Meeting on June 15th & 16th. The event will be held at Kingsmill Resort at 1010 Kingsmill Road. If you are attending stop by The Jackson Clinic's display, meet the staff, and get lots of great information! For more information about The Jackson Clinics visit them online at [www.thejacksonclinics.com](http://www.thejacksonclinics.com).

FOR A COMPLETE LISTING OF OUR  
MONTHLY EVENTS CLICK HERE!

