

In Touch with La Plata Physical Therapy & Wellness

2012

Wellness into the New Year:

Looking to shed a few pounds after the holidays? Notice yourself grunting and groaning a little too much when you sit down or stand up? Thinking about making big changes in your health for your New Year's Resolution? With safe and effective guided exercise, our Wellness Center can help you on your way to full body wellness. Our experienced Exercise Physiologists custom tailor exercise programs based on your fitness level, health history, and personal goals. Our friendly and motivating staff will help and encourage you to regularly attend workout sessions and assist you in making healthy life choices. Finally, our inviting and stress-free atmosphere ensures that you will enjoy your time with us, no matter how hard the workout! So if you're ready for a fun challenge and healthy lifestyle changes, come see us at La Plata Wellness Center (Across from the La Plata Post Office).

Stephen Hardos
Exercise Physiologist

Call the Wellness Center for more information: **301.392.5054**.

SUPERfeet® the Premium Insole

The holiday season is coming! Having trouble thinking of a gift for someone who has everything? What better gift than the gift of pain-free feet? Stop in today to purchase a gift card for someone to come in and have a fitting for their own orthotics. SUPERfeet® can even help with those uncomfortable dress shoes, with their women's flat and high heel inserts. So give yourself or someone you know the gift that keeps on giving, SUPERfeet®.

Please call La Plata Physical Therapy for further details: **301.392.3700**.

La Plata Physical Therapy 101 Centennial St. Suite C

La Plata Wellness Center 103 Centennial St. Suite A

La Plata, MD 20646

Website: www.LaPlataPT.com

BUILDING HEALTHY BODIES



A Song of Wellness

(sung to the tune of Let It Snow)

When the weather outside is icy
And the driveway is getting dicey
When the ground gets covered in snow
Take it slow, take it slow, take it slow.

When the shovelin' is a workout
Or the fire is 'bout to go out
When the pantry is gettin' low
Take it slow, take it slow, take it slow.

So when you're really workin' hard
And all the snow piles are gettin' great.
Keep those abs tight and on guard
And keep that back tall, nice, and straight!

When you're feeling like a whelp
Come see us for professional help.
When you're achin' head to toe
Take it slow, take it slow, take it slow.

"Newly arranged" by: Stephen Hardos

For those who wish to choose
quality care self-paying patients
are welcome!

We accept Most Major Insurances.

We have recently contracted with
CIGNA and Johns Hopkins.

