

Bay Area Physical Therapy & Wellness



Happy Thanksgiving from BAPT!

We hope you enjoy our very first newsletter! We are very excited to be able to present you with Bay Area Physical Therapy & Wellness' happenings and helpful tools to keep you active and well.

You can help spread the word about our newsletter by sharing it with your family and friends!

October was National Physical Therapy Month and we tested you

to see if you were fitter than a 5th grader by giving FREE Fitness Examinations. If you missed out don't worry because after the holidays we will do it again!

We hope you have a safe and happy Thanksgiving!

Don't Break Your Back Lifting the Bird

1. Take advantage of the sliding shelves in your oven to limit how far you have to reach into the oven.
2. Stand beside the open oven door to reach with mitt covered hand to slide rack out.
3. Bend at the knees and hips (watch the oven door) to lower the turkey in its pan – don't bend your back.
4. Use same principles to lift turkey out of oven, and to get casseroles and pies out too! Be Thankful!



Fall

BAPT Calendar of Events

- Polio Meeting
11/09/2010 @ 1:30
- Closed Thanksgiving
Day 11/24/2010



Daylight Savings is 11/7/10.
Don't forget to set your
clocks back 1 hour.

*"The greatest wealth is
health" ~ Virgil*

Find us on Facebook at
www.facebook.com/

NAME THE NEWSLETTER CONTEST!



Submit your most
creative name for our
newsletter. The winner of
the contest wins a FREE
Month of Fitness! Voting
will begin Dec. 1st and
run through Dec. 23rd.
Your newsletter name
could be on our January
newsletter!



Susan Gregory – Account Specialist
3rd Quarter FRED Award Recipient

Congratulations to Susan Gregory Our FRED Award Recipient!

Susan Gregory our Account Specialist is the recipient of the quarterly FRED Award, which recognizes the employee that embodies the principles outlined in the best-selling book, "The Fred Factor" by Mark Sanborn.

In presenting the award, Clinical Administrator Michelle Guevin noted that Susan is always polite, professional, and willing to assist others. Susan has assisted many patients in obtaining their rightful insurance benefits through a maze of bureaucracy. In September, Susan initiated a promotion (see below) that supports our commitment to women's health and that will also benefit the Susan G. Komen Breast Cancer Foundation.

Fall Awareness Testimonial:

"After training at BAPT in their fitness program, I find that when I trip or slightly stumble, I don't fall and now I catch my balance right away. The aerobic, strength and balance training keep me safe and younger!" ~ Judy L.



If you have a story you would like to share email us at

bphysicaltherapy
@tampabay.rr.com

Save Lids to Save Lives



Bay Area Physical Therapy is participating in Susan G. Komen's Save Lids to Save Lives Campaign. Bring in 10 pink lids from Yoplait® yogurts and receive one entry in a drawing for a chance to win a FREE ONE-HOUR MASSAGE!

Deliver your pink lids to Bay Area Physical Therapy no later than December 1, 2010 to be eligible for the drawing.

Lids must be pink and clean; flattened and placed in a plastic bag, in multiples of ten. Your name and phone number will be noted on the back of the pink ribbon that will be displayed at our clinics to show our progress – one pink ribbon for every 10 lids submitted.

*Yoplait® will donate 10 cents to the Susan G. Komen Breast Cancer Foundation for every pink lid received by December 31, 2010.

Let's make every lid matter.

Monetary donations will also be accepted. Each \$1 donated earns one pink ribbon.



Save Lids to Save Lives

Win a FREE ONE-HOUR MASSAGE!

**Bay Area Physical Therapy
& Wellness**

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**Knowledge to Treat,
Hands to Heal**

Polio Survivors Moving Forward: Aging with a Disability

You and your family are invited to an informational meeting Tuesday, November 9th starting at 1:15 – 2:30 pm. at Bay Area Physical Therapy & Wellness at 3637 Cortez Rd. W. Ste. 103 Bradenton, FL 34210, (941)739-7828.

Guest Speaker: Joan Lowry, RN, BSN. "Wellness for the Health of it"

For more information contact Marg Torre at (941) 756-3883 or email her at TorMrg@aol.com.



2010 Jingle Bell Walk/Run

Bay Area Physical Therapy is participating in the Arthritis Foundation's 2010 Jingle Bell Walk/Run for Arthritis on December 10th.

Join us as we walk/run towards a cure for arthritis and other related diseases. You may register at jbrbradenton.kintera.org.

We hope to see you there with bells on!



We hope you had a fun and safe Halloween! We sure did! Check out this picture of our staff at our Bradenton office all dressed up!



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If you wish to receive or no longer receive this newsletter please notify us at (941)722-4000.

Thank you!

BAPT