

Healthy Happenings

MOAB PHYSICAL THERAPY & REHABILITATION

All major insurances accepted including Medicare.

Rhonda Cowern
DPT, CertDN
83 E Center Street
(435)210-1985

info@moabphysicaltherapy.com
MoabPhysicalTherapy.com

Late Appointments Available

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Physical Therapy and Injury

Most people seek physical therapy after an injury or when prescribed by your doctor. The state of Utah is a direct access state- meaning you can go directly to the physical therapist for an evaluation **prior to seeing your medical doctor.** Many people may not realize since 2005 physical therapy education programs became clinical doctorate degrees, with a higher level of education to screen for issues that may need more serious medical care.

symptoms. Chloe Hollis, our physical therapist assistant will also help carry out your individual plan of care with PT guidance. Our unique setting of two licensed providers (PT/PTA) that work closely together affords you complementary care of two for the price of one! Physical therapy will give



you the tools to maintain a pain free lifestyle. We believe that sometimes your rehabilitation takes teamwork. We can help direct your care toward other health care professionals for massage therapy, chiropractic care, acupuncture or nutrition coaching when needed to reach your personal goals.

Once your functional mobility has improved, Moab offers several great group classes: Adaptive yoga with Star at Moab Yoga is a great option to maintain flexibility and movement while not being overwhelmed with holding yoga poses. Another all level option is water aerobics at Moab Arts and Recreation Center on Tuesday/Thursday at 10am with Cathy! Physical therapy is not pain and torture. Instead, it's about healing your mind and body to continue participating in activities you love. Seek help from Moab Physical Therapy and Rehab for simple changes to improve quality of life. Please call to set up an evaluation (435) 210-1985 or check out our website to hear what patients have been saying: moabphysicaltherapy.com/success-stories/



At Moab Physical Therapy and Rehabilitation, Rhonda Cowern, DPT will perform a detailed evaluation to help you understand what issues may have contributed to your initial injury. We will compare your physical strength, functional movement, and flexibility to address postural habits or work-related demands that may contribute to your current

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Relay for Life. A Reel "Taste of Moab"

Grand County Relay for Life and the American Cancer Society are excited to announce some new changes to our 2018 Season. ACS is launching a new pilot program called Home and Hope. Moab Utah has been chosen to be part of this new venture

Hope and Home brings a percentage of the money raised in Grand County back into the community. Money raised in Grand County not only helps fund Cancer



also open to the public, We are hoping this year that it not only does that, but becomes an fun event in its own right. That it becomes a chance for our guest to try out some

of the best our local restaurants have to offer and gives the restaurants a chance to showcase some of their favorite foods

As Moab not only offers some great food, but also some great beverages, this year we are adding local beer and wine to our Taste. As Our Silent Auction has also been a great success in the past, we are bringing it to the evening plans as well.

What a great way to celebrate Moab's Survivors and Remember those loved one who have lost their battle and to help our friend and neighbors in their battle with this terrible disease.

When and Where is this Fun Event Happenings. October 27, 2018 at the Grand Center from 5-10 Pm

Please join us. For information please call Yordy at 970-986-9141 or visit our website at www.TasteofMoab.org to purchase tickets or they will be available locally at the copy center or from one of our committee members, they will also be available at the door.

Please call Yordy at 970-986-9141 with any questions



Research, ACS is the largest non-governmental agency that supports cancer research, last year close to 3 million dollars' worth of research grants were in Utah alone, research being done at the University of Utah and the Huntsman Cancer Center. It also helps support the Hope Lodge in Salt Lake, where Cancer patients and one caregiver can stay free of charge while undergoing cancer treatment in the Salt Lake and Utah Valleys. Through this program 50% of the money raised in Grand County comes back to Grand and San Juan County to help your friends, family and neighbors with transportation costs to and from cancer treatment in Utah and Colorado. Grand County Relay committee is so excited about being part of this opportunity.

So we decided as long as we were becoming part of the fun and exciting new venture, we decided maybe we would mix up our event a bit. That we would come back into town from the Arena and highlight the Taste of Moab. The Taste of Moab has been part of our Relay for about 7 years and has been a great success; it was an opportunity to honor our survivors and their caregivers. As Cancer survivors ate for free and one caregiver paid half price. This event is



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