

AUGUSTA PHYSICAL THERAPY

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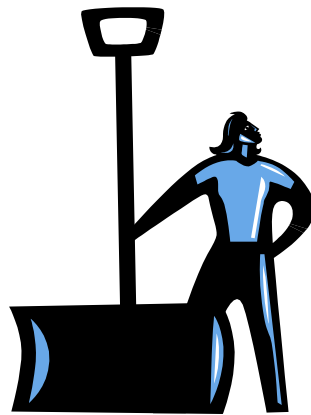
PUTTING QUALITY BACK
IN YOUR LIFE

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Snow Removal Tips

- If you have a history of heart trouble, do not shovel without a doctor's consent.
- Take it slow. Shoveling is like lifting weights. Warm up muscles first.
- Stop shoveling if you feel tightness in your chest.
- Freshly fallen snow is easier to shovel.
- Push the snow. It's easier than lifting snow.
- Lift with your legs bent. Keep your back straight. Your spine less stressed. Let your shoulders, torso, and thighs work for you.



WANTED!

Jacque Walters
APT Office Manager

February 24th 1 pm
Ironwood of Staunton

Description:

Usually wears a smile

CAUTION!!

Heavily armed with kindness...this could be contagious!

Prior Conviction: Thoughtfulness & Generosity
Please help me! I have been arrested and am "going to jail" for the Muscular Dystrophy Association (MDA) Lock-Up. If I raise my bail of \$2,400 BEFORE the Lock-Up, they will go easy on me. Drop off or mail bail tax deduction to our office.

