

# Updates



We enjoyed a beautiful day sponsoring and participating in the MidState Chamber of Commerce annual golf tournament.



We were happy to celebrate Hand Therapy Week with our Occupational Therapists, Brandon and Melinda!

# Newsletter

July 2024



*"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved."*

## Wellness Challenge



Join us as we strive to walk 10,000 steps each day! Walking is a fantastic way to boost your physical and mental health, improve cardiovascular fitness, and increase your energy levels. Whether you're taking a leisurely stroll on your break or briskly walking in the park, every step counts. Let's lace up our shoes and step towards a healthier, happier lifestyle together!



HARTFORD HEALTHCARE WOMEN'S CHAMPIONSHIP - ROAD TO THE LPGA

Dr. Megan Wolf appeared on WTNH to discuss common golf-related injuries in preparation for the Hartford HealthCare Women's Championship this month.

[Watch her segment here!](#)

We take great pride in the exceptional care that our team provides.



"Terrific! From making an appointment... checking in... x-rays... exam... to checking out. An amazing group of people!"

"My ballroom dance instructors are amazed that I have recovered so well from my January spine surgery. You should see our merengue, east coast swing and cha-cha!"

"Comprehensive Orthopaedics is the total package. They are pleasant, efficient, and knowledgeable. Always a positive experience!"

31 Recipes to Make in July

