

# Updates

Stop by our table at the Southington Farmers Market on Fridays this summer at the Town Green for free giveaways!

SOUTHINGTON FARMERS MARKET



Dr. Wolf had the opportunity to educate the Southington Senior Center on foot & ankle stability.



Welcome to COMC! Raphael Rahman is a traveling Physical Therapist that will be with COMC until October.

# Newsletter

August 2024



*"Success is not the result of one person's work, but the joint effort of many."*

## Mindfulness & Meditation



This August, we invite you to take 10-15 minutes each day to meditate, clear your mind, and find a moment of peace amidst your busy schedule. This daily practice can reduce stress, enhance mental clarity, and improve overall well-being. This challenge is a perfect opportunity to cultivate mindfulness and bring a sense of calm to your day. Join us in this journey towards a healthier, more balanced life!


Guided Meditation: [Be Present](#)  
[Letting Go](#)




Are you experiencing pain, stiffness, or swelling in your ankle joint? These could be signs of ankle arthritis. Check out [this article](#) from Dr. Adam Ferguson about symptoms, causes, and treatment options!

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



"Easy visit from check in to check out, everything was smooth and the office flow of patients was smooth as well. All staff was very friendly and professional. If any of them were having a bad day you would never know it. This is one doctors office I won't dread going to for my future appointments. Thank you to everyone there for a great visit!" 

"From the moment I met the staff, I knew I found the right place. Friendly, prompt, professional. I left feeling as though I am now in good hands." 

"Very quick service for a walk-in. All staff were very friendly and knowledgeable. I'm happy I chose Comprehensive Ortho for my visit." 