



HealthWorks Update

June 2010



SPECIAL PATIENT APPRECIATION DAYS: We hope everyone enjoyed our **First of the Month Snack Days**. June is a special month... we will recognize **Father's Day** (Sunday June 20th) on the Thursday and Friday before that date. Then the **First Official Day of Summer** is on the following **Monday, the 21st**. Sounds like two really good reasons to be sure and make your appointments.

UPCOMING HOLIDAY: **July 4th** falls on a Sunday this year, so HealthWorks will be giving you an extra day off to recover from late-night fireworks ... we will be closed on **Monday, July 5th**. Enjoy your day off !

COMMUNITY SERVICE: The professional staff of HealthWorks continues to donate their time to assist the **athletes of Franklin High School** as they finish up another year of sports. As Track & Field is finishing up... football is gearing up. Before you know it, we'll all be back at the stadium again cheering on the Panthers.

Also, HealthWorks is once again pleased to help sponsor the Franklin Lions Club's **Annual Children's Film Festival**.

Applications are now being taken for our **2010 Speed Training Program** for middle and high school athletes. They are available at our front desk and through our website: **choosehealthworks.com**. **Dr. Mark Blakely** and **Mr. Mark Green ATC** will once again be heading up this popular program. The 6-week program begins June 14th.

CONTINUING EDUCATION: **Mr. Mark Green, ATC** recently attended a course in Asheville entitled, **Feed for Speed: Sports Nutrition for Peak Performance**. This informative workshop covered a number of topics regarding the importance of an effective nutrition program in sports, and nutrition strategies for enhancing muscular development. Mr. Green is an active part of our **Community Sports Program** and provides assistance with a number of programs at the high school and in the community. This is just part of HealthWorks' commitment to YOU, to stay current in the ever-changing field of rehabilitation.

NEW FACES: HealthWorks is a **Clinical Education Site** for a number of colleges and universities with Professional Physical Therapy programs as well as Sports Science and Athletic Training majors. Currently we are hosting **Kyle Fronrath** – an **Exercise Science** major from Western Carolina University.

*The grand essentials for happiness are something to do,
something to love, something to hope for.* –John Chalmers