

Cape Concierge PT NEWSLETTER



Here we GROW again!

Dear Cape Concierge PT community,

We're thrilled to introduce you to our newest team member, Angelique Zabaleta! With an impressive 20 years of experience in the healthcare field, Angelique is a Licensed Massage Therapist who's ready to make a difference in your life. Whether you're a current client or new to Cape Concierge, Angelique is here to serve you.



Dr. Lynne DiPirro's Olympic Journey

In October, our very own Dr. Lynne DiPirro will embark on an incredible journey to the Olympic Training Center in Lake Placid, NY. She'll be working with the talented USA Rhythmic Gymnastics group and individual athletes. These athletes are gearing up for the Pan American Games, aiming to secure a spot at the 2024 Paris Olympic Games. The stakes are high, and the stress levels will be too, but we know Lynne will shine!

Prenatal Massage like never before!

Are you expecting? Angelique specializes in prenatal massage and comes prepared with a revolutionary prone pregnancy pillow. Say goodbye to discomfort during any trimester as you enjoy the incredible comfort of lying face down. Schedule your session with Angelique today and experience the ultimate relaxation.

Shockwave Therapy with Stephen Katzenback, PT!

Are you dealing with pain or inflammation that just won't budge? Stephen Katzenback PT is here with the solution - Shockwave Therapy. This cutting-edge treatment targets those problematic areas in your body that traditional approaches struggle with. Shockwave therapy can manage pain, reduce inflammation, promote tissue regeneration, and even stimulate collagen growth and bone remodeling. Don't let pain hold you back; discover the power of shockwave therapy!

Tips For Staying Active:

Remember, sitting for prolonged periods can lead to those pesky trigger points in your muscles. To keep your body in top shape, set an alarm to get up and move every 45 minutes, even if it's just for a minute. Your muscles deserve a chance to relax and reset

Thank you for being part of our Cape Concierge PT family. Together, we'll continue to empower and support your journey to optimal health and wellness.

With gratitude and excitement,

Your Cape Concierge PT Team



**Ready to take the next step
towards your health and
wellness journey?
Don't wait any longer!**

🌐 Book an appointment online at www.capeconciergept.com today and experience the transformative care we offer.

For those seeking weekend appointments, we've got you covered! Upon request, we're now offering weekend appointments with a small \$40 surcharge. Your well-being is worth it!

Follow us @CapeConciergePT!

