

# Cape Concierge PT NEWSLETTER



As the winter chill sets in, Cape Concierge PT is here to ensure you and your loved ones stay safe, active, and injury-free during the frosty season. Read on for exciting updates, essential tips, and the perfect holiday gift to elevate your wellness journey!

## Important: Rate Update Coming in 2024!

As part of our commitment to providing top-notch physical therapy, we want to inform you about an upcoming change. Starting January 1, 2024, our rates will be adjusted to better reflect the value of our services. Weekday appointments will be \$195, weekend appointments will be \$235, and shockwave sessions will remain \$250.

## Empower Your Elderly Loved Ones

Is the upcoming winter weather raising concerns about the safety of your older loved ones? Our dedicated PT, Dr. Lynne DiPirro, enjoys helping seniors build strength and balance, reducing the risk of falls in slippery conditions. Don't let winter keep them indoors – schedule an appointment, and she will bring her expertise directly to them!

## Prepare for Ski Season with Cape Concierge PT

Calling all winter sports enthusiasts! Whether you're a seasoned skier or gearing up for your first run down the slopes, our team is ready to support you. Transitioning into winter sports can lead to injuries, and that's where Cape Concierge PT comes in. Let us help you prepare for ski season, ensuring you hit the slopes with confidence and strength.



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## Unwrap the Gift of Health

Still struggling to decide on gifts for your loved ones? Imagine the joy on your family and friends' faces when they receive the gift of improved health and well-being. Our CCPT gift certificates are the perfect way to show you care.

### Why Choose a CCPT Gift Certificate?

- 1. 100 percent individualized care:** From vestibular, to elderly care, to sports preparation, our services cater to a variety of health and wellness goals.
- 2. Convenient and accessible:** With our concierge services, recipients can enjoy the benefits of physical therapy in the comfort of their own homes.
- 3. A thoughtful and meaningful present:** Move beyond traditional gifts and give the invaluable gift of mobility, strength, and vitality.



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

🌐 Book an appointment online at [www.capeconciiergept.com](http://www.capeconciiergept.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 @CapeConciiergePT!



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