

# Cape Concierge PT NEWSLETTER



## New Brick and Mortar Option!

Starting March 15th, we're adding a whole new dimension to your PT journey! We're setting up shop in the fantastic Fit Republic Cape Cod, nestled right in Sandwich. This is fantastic news for those of you who've been craving that perfect blend of hands-on treatment coupled with strength training.

### What to expect:

- 1. Educational Workshops:** Get ready to expand your knowledge and wellness toolkit! We're gearing up to host a series of educational workshops right at Fit Republic. From arthritis management to optimizing your strength routine, we've got your back (and your front, and everything in between)!
- 2. Shockwave Therapy:** Still interested in addressing your regenerative therapy needs? Our shockwave therapy now has a permanent home sweet home in our gym office.
- 3. Massage Therapy:** Need to knead out those knots? Our incredible massage therapist will be taking appointments right here too. Plus, we're all ears for your scheduling preferences. You tell us when, and we'll make it happen! 📞

**FIT REPUBLIC CAPE COD**

### Still looking for home/office visits?

Don't fret, mobile PT lovers! We're still hitting the road daily to bring our top-notch treatments to your doorstep. Because convenience and choice are what we're all about!

### Strength & Balance Class for Seniors:

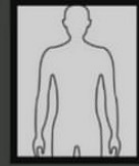
Last but not least, calling all seniors looking to boost strength and balance! One of our amazing therapists is leading a 4-week class at the Yarmouth Cultural Center. Missed out on the earlier sessions? No worries! Join us for the final hurrah on 2/29. Swing by YCC pronto to snag your spot!

**FIT REPUBLIC CAPE COD**

**Join us for a  
3D Body Scan Event!**



**Saturday, March 2nd  
8AM - 11AM**



**BODY SCANS  
ON DEMAND**



### **A true picture of your health and fitness**

A 3D Body Scan delivers incredible, precise and accurate personalized data, including:

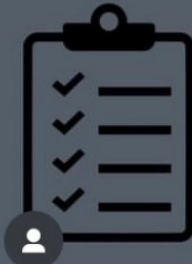
- **Digital Measuring Tape** (measurement & proportions)
- **Body Composition Data** (weight, bone mass, fat mass, lean mass, etc.)
- **Related Risk for Disease** (cancer, cardiovascular, respiratory, etc.)



### **Set new, customized goals**

Your report includes tools to customize your individual health and fitness goals:

- **Weight Loss Plans**
- **Fitness Conditioning Plans**
- **Health Risk Prevention Plans**



### **How to Prepare**

3D Body Scans are a non-invasive, safe and easy process for anyone!

- Women: wear tight clothing and pull hair back into a bun.
- Men: consider tight briefs, shorts or leggings. Tie longer hair back.

### **Amazing Pricing!**

**Single Scan  
Only \$25**

**Sign Up  
at Front Desk**

🌐 Book an appointment online at [www.capeconciiergept.com](http://www.capeconciiergept.com) today and experience the transformative care we offer.

Here's to an exciting year ahead and big changes for CCPT. Thank you for being an integral part of the CCPT family.

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!

With gratitude and excitement,  
Your Cape Concierge PT Team



Follow us @CapeConciergePT!