



The Apex Advantage



Upcoming Events:

APRIL 13TH



HAPPY BIRTHDAY
Jamestown
Apex!!

APRIL 16TH
Strong As A
Mother

4:30-6:30PM
at the River's Bend
Medical Center



Scan to
get
your
tickets!

April is a great time to check in with your body, lean into your routines, and keep building on your progress. At Apex, we're excited for our Strong as a Mother event, recognizing Cesarean Section Awareness Month with a focus on education, recovery, and strength, and sharing new blogs on communication in massage and simple ways to manage workday stress. We're glad to be part of your journey this month.



April is C-section Awareness Month

- a reminder that C-sections are major surgeries and recovery matters. If you're dealing with core weakness, scar discomfort, or pelvic issues, physical therapy can help you heal and feel stronger.

Call 701-892-8632 to schedule!



Communication is Key in Massage Therapy

Your voice plays a bigger role in your massage experience than you might think. Charmaine Hamilton shares how clear communication can improve comfort, build trust, and help your therapist tailor each session to your specific needs for better results in her latest blog.



Stress Happens – A Few Gentle Reminders for the Workday

Stress has a way of sneaking into the workday—but small moments of movement, posture checks, and even a single deep breath can make a big difference. In her recent blog, Beth Prashek shares a few gentle reminders to help you reset and feel better throughout your day.



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