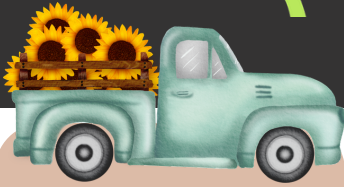


September 2026



The Apex Advantage



Upcoming Events:

SEPTEMBER 3RD

Walk in the Park
@ Rusted Rec.
Center

SEPTEMBER 11TH

Balance Screens
@ WF Library

SEPTEMBER 14TH

Chair Massages
in Edgeley

SEPTEMBER 20TH

Dear NICU
Mama Walk

September brings a fresh start as summer winds down and fall routines settle in. With school, sports, and busy schedules back in full swing, it's a great time to refocus on your health—and remember the importance of prevention.

Taking small steps now to stay strong, active, and address those little aches before they become bigger problems can help keep you moving all season long. At Apex, we're here to help you feel your best and keep doing the things you love. Here's to a healthy and active start to fall!



SCHEDULE HERE

DON'T LET BLEACHER BACK KEEP YOU FROM ENJOYING THE GAME!

Sitting on hard bleachers can take a toll on your back. Our massage therapists can help you find relief and get you back to cheering from the stands!! Schedule an appointment today!



Fall Prevention: Your Balance Is a Skill You Can Train

Think balance is something you either have or you don't? Think again! Morgan Siems shares how balance can be trained and how physical therapy can improve strength, stability, and confidence—helping you stay independent and keep doing what you love.



Stay in the Game: How Sport Screenings Can Help Prevent Injuries

Stay ahead of injuries and perform at your best! Brock Gomer shares how sport screenings can identify strength, mobility, and movement concerns early—helping athletes prevent injuries, move with confidence, and stay in the game.



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