

October 2026



# The Apex Advantage



## Upcoming Events:

### OCTOBER

is PT Month & Apex's Birthday! Check out your local clinic for celebration fun!

OCTOBER 15-18

The 10.15 Project

\*Saturday @ McElroy Park in Jamestown 12-2pm

\*Sunday @ The Lights in West Fargo 11am-2pm

FINISH LINE CELEBRATION

## October is here, and we have a lot to celebrate at Apex! 🎉❤️

As we celebrate Physical Therapy Month and 18 years of Apex, we're turning up the volume on better movement, stronger bodies, and helping you keep doing what you love. It's the perfect reminder that you don't have to wait for pain or an injury to slow you down before taking care of your body.

We're incredibly grateful for our patients, team, and communities who have been part of our journey. Here's to a healthy, active October—and continuing to move better, feel stronger, and not miss a beat!



### DON'T MISS A BEAT

**FREE PT SCREENING DAY**  
★ OCTOBER 6 ★

Has pain, weakness, dizziness, balance concerns, or limited mobility been getting in your way? We'd love the opportunity to listen, learn what you're experiencing, and help you determine a good next step.

-  No referral needed.
-  No commitment.
-  Just a chance to find answers.

**Call 701-892-8632 or scan to schedule!**



## Think You Know Physical Therapy? 5 Common Myths Debunked

Think physical therapy is only for injuries—or that it's all pain and exercise? Think again! Kaila Engel breaks down five common myths about physical therapy and shares how PT can support recovery, prevent injuries, improve movement, and help you feel your best.



## Chronic Pain & the Nervous System: How SomatoEmotional Release May Help

Chronic pain can affect more than just the body. Discover how stress, emotions, and the nervous system may influence pain—and how SomatoEmotional Release offers a gentle, whole-person approach to supporting relaxation and healing in Haley Wheeler's blog.



## MAGNESIUM GLYCINATE

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- Supports the nervous system & relaxation
- Supports bone and cardiovascular health
- Supports healthy blood sugar balance

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