

HAPPY NEW YEAR!



JANUARY 2025
WWW.LIBERTY-REHAB.COM



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REAL CARE, REAL RESULTS, FOR REAL LIFE

It's time to kick off a new year! One great idea to keep your body and mind active is to volunteer. Sharing your time with others can eventually become one of your favorite missions in life. If you are creative, reliable, willing to help, and organized, go for it! Below are a few ideas.

The American Red Cross is always in need of blood donations. They can also train volunteers to help families recover from fires for disaster-preparedness, or to support our armed forces.

Fundraising- Choose a non-profit organization you care about most and offer your time. Fundraising is such a fun way to interact with people you know as well as to establish new friends in support of a like-minded organization. Making a difference in your community is so rewarding.

Library Volunteer Program- Visit your local library and apply. It's a simple process. This is a positive way to keep your brain engaged, especially if you enjoy reading. Studies show camaraderie increases positive thoughts and feelings. You may even make new friends!

If you want to get active but don't know of volunteer opportunities in your area, visit [Volunteer Match.org](http://VolunteerMatch.org) and enter your zip code to find in-person options. Help yourself and others by making volunteer work your go-to exercise. Happy New Year!



Why Yoga is Good for Everyone!

Whether you are a swimmer, a golfer, a bicyclist, someone dealing with injuries or over 65 years old and have not been active for a long time, the practice of yoga can be incorporated into your lifestyle and enjoyed by anybody.

Your specific needs will determine the correct level of practice. First determine your level of interest.

There are classes specializing in back care, classes for seniors, the terminally inflexible as well as a variety of styles and themes.

Yoga is also an exceptional modality for improving and maintaining balance. There is a whole group of postures called "balance poses" which are geared towards improving balance. Not only do these postures assist with improving your balance, but they also help improve overall focus, strength, alignment and flexibility. Yoga also benefits your overall well-being, helps with sleeping better, and improves the immune system.



Liberty Rehabilitation would like to wish you and your family a happy, prosperous and healthy new year. Our mission is to continue committing to a healthcare alliance to promote liberty from physical limitations and successful return to well-being.

Vision:

We dedicate ourselves to: Patient centered care

Best practice through specialized knowledge and cutting -edge treatment

Superior customer service

Advocacy for best care

Community wellness initiatives for community and healthcare system

Educating our community on benefits of physical and occupational therapy



NEW YEAR "FREE" WELLNESS SCREENS

Let's get you back on your feet and help with meeting your 2025 wellness goals! Call us to schedule your free screen with Tyler West, PT, DPT. 210 656-5848. The first 10 to schedule will receive a swag bag filled with items to kick off your wellness goals!

