



*The Cantrell Center Newsletter*



## *Let's Spring into a Fresh Start*

*Spring Forward-- One Habit at a Time.  
~Lets talk about stretching~*

April is the perfect time for a fresh start. As the days get longer and everything around us begins to bloom, it's a natural reminder that our bodies need renewal too.

We often jump straight into our workouts, busy schedules, and daily routines without slowing down to prepare our bodies for movement. But sometimes, the simplest habits make the biggest difference.

One of the most overlooked pieces of wellness? Stretching. Before you add anything new to your routine this month, it might be time to go back to the basics.

### IN THIS ISSUE

#### **A FRESH START**

#### **THE IMPORTANCE OF STRETCHING**

#### **CANTRELL ANNIVERSARIES**

#### **DONATION OPPORTUNITY**

#### **FEATURED RUN/WALK EVENTS**

# The Importance of Stretching

Stretching isn't just for athletes—it's important for everyone to maintain mobility, flexibility, and independence. Regular stretching (ideally daily, or at least a few times a week) keeps muscles flexible and prevents them from becoming tight, which can lead to pain, injury, and reduced range of motion.

Tight muscles—often caused by inactivity like sitting for long periods—can make everyday movements harder and increase the risk of strains or joint injuries.

Stretching helps improve balance and reduces the risk of falls.

To get started, focus on key muscle groups like the legs (calves, hamstrings, hip flexors, quadriceps), as well as the shoulders, neck, and lower back. Warm up first with light activity to avoid injury, hold stretches for about 30 seconds without bouncing, and never push into pain.

Look at the examples to the right: These beginner chair stretches are ideal for office workers, or those with limited mobility.

Consistency is key—flexibility improves gradually over weeks or months, and regular stretching is needed to maintain the benefits.



**SIDE BEND**



**LUNGE**



**HAMSTRING STRETCH**



**KNEE HUG**

*More*  
**STRETCHING**  
*less*  
**STRESSING**

SOURCE: <https://www.health.harvard.edu/healthy-aging-and-longevity/the-importance-of-stretching>

## Employee Anniversaries



**Sherri Thrasher**  
New Patient Scheduler  
1<sup>st</sup> Anniversary



**Lizzy Oliver**  
Physical Therapy Assistant  
4<sup>th</sup> Anniversary



## SUNSHINE'S MISSION TO WOL BILINGUAL BIBLE PROGRAM IN ARGENTINA



We're excited to share a special opportunity to support our very own, Sunshine Walton, & we would love for you to be a part of it. Every contribution-- big or small helps her move closer to her goal so she can continue making an impact.

A Note from Sunshine:

*"I feel a personal calling from the Lord to take this step—a calling to serve now and to equip myself for future ministry. I am preparing for an incredible journey to Argentina, where I will attend a 10 month bilingual Bible program that will allow me to be fully immersed in the culture, learn theology, and become fluent in Spanish. This opportunity is not just about education—it's about serving the Lord, sharing the gospel, and making a difference in the local community. I am excited to grow in my faith and to be able to share my testimony in a deeper and more meaningful way, without language being a barrier.*

While Sunshine is in Argentina, she will not be able to work, so this is where she needs support. The funds raised will go directly toward her tuition, food, daily necessities, and help her keep up with the bills she is responsible for back home. Your support will allow her to focus on learning, serving, and spreading the word of God, knowing that my basic needs are taken care of.

To donate, just scan the **QR Code** below to be directed to Sunshine's Go Fund Me Page OR you can make **CASH** or **CHECK** donations at the front desk.



Thank you for being part of this adventure and for helping her answer this call to serve.

# KEEP MOVING MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum. We want you to KEEP moving!!



## **Dogwood Dash 5K**

Saturday, April 11th @ 8:00 AM in Perry, GA



Join us on Saturday, April 11, 2026, at 8:00 AM for the inaugural Dogwood Dash 5K, a brand-new race through the beautiful and historic streets of downtown Perry, Georgia! This exciting event is part of the 37th Annual Dogwood Festival, making it a weekend full of fun, fitness, and community celebration.

## **Jam for Justice 5K**

Sunday, April 12th @ 2:00 AM in Macon, GA



Join us for a lively, high-energy course that unites our community! All the money raised will support Traffick Jam, a nonprofit dedicated to raising awareness about sex trafficking among Georgia's youth. Participants will enjoy a well-marked 3.1-mile run or walk through Mercer's stunning campus, complete with music and water stations.

## **3rd Annual D9 Dash United4Scholars 5K Run | Walk**

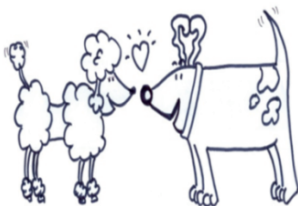
Saturday, April 18th @ 9:00 AM in Macon, GA



The Macon-Middle Georgia National Pan-Hellenic Council (MMG-NPHC) is proud to announce the 3rd Annual "D9 Dash: United4Scholars 5K". The event will be held at Amerson River Park, 2551 Pierce Drive N, Macon, Georgia 31204. This is a family-friendly, non-competitive 5K that will feature a 1-mile fun walk/run and a 3.1-mile fun walk/run.

## **17th Annual All About Animals Rescue Run 5K, Qtr. Marathon, & Fun Run**

Saturday, May 2nd @ 8:00 AM in Macon, GA



Walk, Bark, Run! Join All About Animals Rescue Run for its 17th annual Rescue Run, with race proceeds benefiting the no-kill shelter's rescue and adoption efforts. The 1-mile, 5K, and Quarter Marathon (6.55 miles) begins and ends at Mt. Zion Baptist Church on Rivoli Rd.



Get a head start on other upcoming run/walk events by browsing these online calendars: [Macon Tracks](#), [Run Georgia](#), [Running in the USA](#), [Active.com](#).