



JULY 2026
www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



Summer is in Full Swing

Summer is in full swing, bringing opportunities for vacations, outdoor activities, and holiday celebrations with family and friends. While this season is often filled with fun and relaxation, it's also important to make choices that support our physical and mental well-being.

This month, we're sharing simple wellness tips to help you stay healthy while traveling, enjoying summer festivities, and making the most of the warmer days ahead. From staying hydrated and active during vacation to finding healthy ways to celebrate holidays, small habits can make a big difference in how you feel all season long.

Wishing you a safe, healthy, and enjoyable July!

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Wellness Tips for Summer Vacation

Make smarter choices and stay Energized During Your Summer Travels

- Stay hydrated, especially when traveling or spending time outdoors.
- Pack healthy snacks such as nuts, fruit, and protein bars to avoid unhealthy impulse purchases.
- Prioritize sleep, even when your vacation schedule changes.
- Stay active by walking, swimming, hiking, or exploring new destinations on foot.
- Practice sun safety by wearing sunscreen, sunglasses, and protective clothing.
- Manage stress by allowing flexibility in your itinerary and taking time to relax.
- Maintain any prescribed medication schedules especially while traveling.



Summer Celebrations While Keeping Your Health Goals on Track

- Fill half your plate with fruits and vegetables at cookouts and picnics.
- Choose lean proteins such as grilled chicken, fish, or turkey burgers.
- Stay hydrated with water before reaching for sugary beverages.
- Enjoy treats—just be mindful. Celebrations are not perfection.
- Incorporate physical activity into holiday plans with family walks, yard games, or swimming.
- Take time to appreciate family, friends, and community connections, which support emotional well-being.

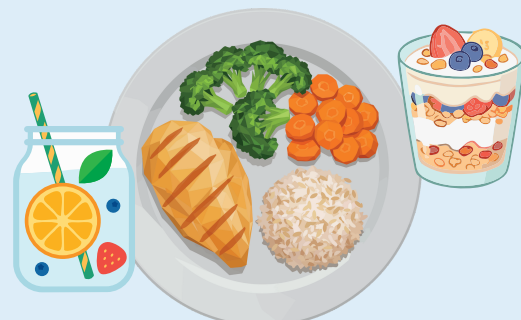
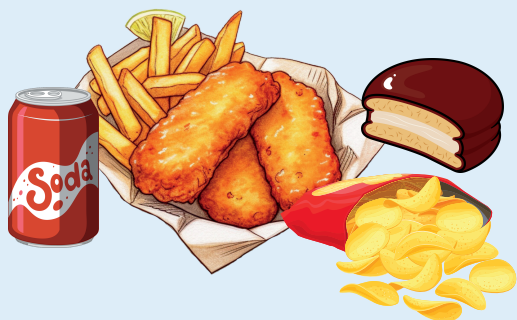


Healthy Summer Swap Ideas:

Sugary soda
Potato chips
Heavy desserts
Fried foods



Infused water with fruit
Fresh vegetables and hummus
Fresh fruit parfaits
Grilled alternatives





MAYOR'S *Health Initiative*

The Cantrell Center was proud to participate in the 2026 Mayor's Health Initiative, a city-wide effort dedicated to promoting health and wellness throughout the Warner Robins community. This marks our second year partnering with the Recreation, Parks & Cultural Services Department and Houston Healthcare to support this meaningful initiative.

Throughout the summer, the Mayor's Health Initiative encourages residents to make their health a priority by offering a variety of engaging events and wellness classes designed for all ages and fitness levels.

Our scheduled event was free and open to the public, and we were thrilled to see such a great turnout!

Thank you to everyone who attended, participated, and made the event such a success.

If you weren't able to join us this time, there's never been a better time to start investing in your health. We offer 2 free visit to any 1st time local resident! Please feel free to call us with any questions regarding our Wellness program

We look forward to continuing to support our community's wellness journey and hope to see even more familiar and new faces at future events. Together, we can build a healthier, stronger Warner Robins!



**Cantrell Center**
PHYSICAL THERAPY • WELLNESS

Employee Anniversaries



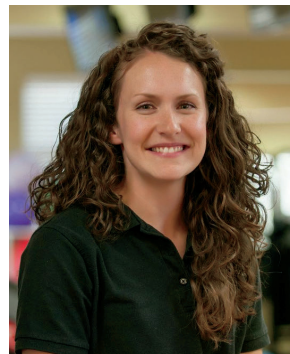
Lola Rosenbaum
Physical Therapist
22nd Anniversary



Tanya McDonald
EOB Posting
9th Anniversary



Sunshine Walton
Physical Therapy
Assistant
7th Anniversary



Jessie Tanner
Trainer
20th Anniversary



Braxton Hurt
Physical Therapy
Assistant
7th Anniversary

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!!

Action in Kindness Diaper Bank 5K Run/Walk

Saturday, July 18th @ 7:30 AM in Macon, GA



Did you know 3 out of 5 parents struggle with diaper needs? A baby can use 8 to 10 diapers a day. Public Assistance does not assist with diaper needs. Will you help Action in Kindness, Inc., a non-profit, bring a Diaper Bank to serve Middle Georgia? Race/Walk participants are asked to bring diapers of all sizes, pull-ups of all sizes, wipes, cloths, and other baby items. Sponsorship and volunteer opportunities are available.

Abba House Run/Walk for Recovery 5K

Saturday, July 25th @ 8:00 AM in Macon, GA



Run, walk, or jog this 5K benefiting Abba House Middle Georgia. Abba House Middle Georgia is a Christ-based 15-month residential program for women and children struggling with life-controlling issues.

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.