



AUGUST 2026
www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



OPA!

The Cantrell
Center is a proud
supporter of the
Central Georgia
Greek Festival.



The annual **Greek Festival** offers authentic Greek food, church tours, dancing, live music, religious items, jewelry, art, shopping, and more. Festival proceeds support Holy Cross and local charities throughout Central Georgia.

🎟️ Raffle Tickets for Sale! 🎟️

Don't miss your chance to win! Tickets are \$2 each or 6 for \$10, with 5 chances to win the Grand Prize. Plus, every ticket is a winner, featuring coupons on the back with over \$30 in savings per \$2 ticket!

Stop by the front desk today to purchase your raffle tickets and take advantage of these great savings!

👤 **Volunteering:** Volunteers are needed and can earn 4 service hours. Each volunteer receives a certificate and a free gyro, fries, and non-alcoholic beverage after completing their 4-hour shift. Volunteers should wear their organization's shirt or jersey. More information is available at volunteer@holycrossga.org.

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Celebrate National Wellness Month This August!

August is National Wellness Month, a time to focus on creating healthy habits that support your physical, mental, and emotional well-being. 🌞 Whether you're starting a new fitness routine, making healthier food choices, improving your sleep, or taking time to reduce stress, every positive step contributes to a healthier lifestyle.

There's no better time to invest in yourself and make wellness a priority. 💪 Even small, consistent changes—like taking a daily walk 🚶, drinking more water 💧, choosing nutritious meals 🥗, or participating in regular exercise—can have a lasting impact on your overall health and quality of life.

At the Cantrell Center, we're committed to helping you achieve your wellness goals through our comprehensive Wellness Program. 🌟 Our wellness memberships provide access to state-of-the-art fitness equipment, group exercise classes, fitness assessments with nutrition advice, and an individualized exercise program created just for you. Enter a supportive environment designed to keep you motivated.



No matter where you are on your wellness journey, our experienced team is here to provide the guidance, encouragement, and resources you need to succeed.

This National Wellness Month, take the opportunity to invest in your health, discover new ways to stay active, and build habits that will benefit you for years to come. Stop by the front desk to ask about becoming a Wellness Member!



Upcoming Closures



Happy



Monday 09/07/26:

The Cantrell Center for Physical Therapy & Wellness will be closed **Monday, September 7th** in observance of Labor Day. We will resume regular business hours on **Tuesday, September 8th.**

Impingement & Instability

Cantrell Center

WARNER ROBINS, GA
OCTOBER 17-18

2026

WITH

DAN HOUGLUM

Postural
Restoration
Institute®

Our team will be participating in a continued education course this fall. In preparation for this exciting opportunity, **our office will be closed Saturday, October 17.** We appreciate your understanding as we continue to learn, grow, and provide the best experience possible for our community.

We will resume regular operations on **Monday, October 19 at 6:30 AM.**

Thank you for your support, and we look forward to welcoming you back soon!

**Cantrell Center**
PHYSICAL THERAPY • WELLNESS

Employee *Anniversaries*



Shelley Harkins
Chief Financial Officer
34rd Anniversary



Cindy Godfrey
Water Aerobics
Instructor
6th Anniversary



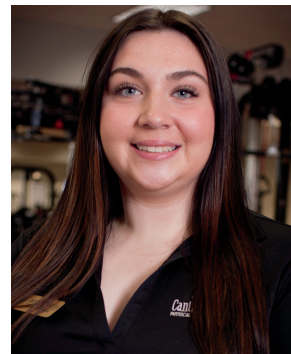
Sara Douglas
Physical Therapy Aide
3rd Anniversary



Carson Knapp
Physical Therapist
1st Anniversary



Jennifer Duke
Front Office Assisant
1st Anniversary



Destinee Bouvia
Wellness Receptionist
1st 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!!

Middle Ga. Toys for Tots 5K Run/Walk

Saturday, August 8, 2026 @8am Lane Southern Orchards



Help support the Middle Georgia area by walking or running in the Middle Georgia Toys for Tots 5K. This annual run/walk will take place through the orchards of Lane Southern Orchards in Fort Valley. All proceeds from the race go directly to the Middle Georgia Toys for Tots. In conjunction with the race, there will be a new toy donation drive. Bring a new, unwrapped toy to the race if you wish to participate.

The 4s Race - Eatonton, GA

Wed Aug 12-Sun Aug 16 2026



The Home Run races may be completed virtually August 12–16, with results due by August 17, while the I Hate To Run 4K and Lucky 4K will be held in person at Rock Eagle on August 15. Registration is \$12 per race, and proceeds benefit Georgia 4-H scholarships and youth programs. For more information, contact Roger Keel at rkeel@mindspring.com.