



SEPTEMBER 2026

www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



✨ 34 YEARS OF SERVING OUR COMMUNITY! ✨

The Cantrell Center team gathered around the table at the Houston Lake Country Club to celebrate 34 years of serving, caring, and making a difference in the lives of those around us. ❤️

For 34 years, we've had the privilege of helping patients heal and mend, supporting our wellness members, creating healthy routines, and providing services that help our community live stronger, healthier lives—all with a genuine smile and a heart to serve.

But what makes this journey so special is the people behind it. 💙 We love our community, we love what we do, and we're incredibly grateful for a team that continues to support, encourage, and lift one another up every step of the way.

Here's to 34 years of healing, wellness, teamwork, and community—and to many more years of serving together! 🥂 ✨

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CANTRELL CENTER ANNIVERSARIES

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The Cantrell Center was proud to participate in **the Mayor's Health Initiative** once again! A city-wide effort to **promote health and wellness** among Warner Robins residents. In collaboration with the **Recreation, Parks & Cultural Services Department and Emory Healthcare**, the initiative continues to make health and wellness a priority through engaging and educational programs for the community.

This year, the **Cantrell Center hosted a Water Aerobics class on June 27th**, and we had an incredible turnout with **23 attendees!** A special shoutout to **Emily Chambers** for leading an energetic, upbeat, high-intensity, and fun-filled water aerobics class that kept everyone moving, smiling, and motivated from start to finish!

A huge thank you to everyone who joined us—and an extra thank you to those who brought a friend and helped make the event such a success. We loved seeing our community come together to prioritize health, fitness, and fun!

We wrapped up the season with an **End-of-Season Bash on August 29th**, complete with a special **Medal Ceremony** to celebrate the accomplishments and dedication of everyone who participated throughout the summer.

And, of course, a special thank you to **Mayor LaRhonda Patrick** for another fantastic summer of making a healthier Warner Robins a **priority**. We are grateful to be part of an initiative that brings our community together and encourages everyone to keep moving toward a **healthier lifestyle!**



PRESENTED BY HOLY CROSS GREEK ORTHODOX CHURCH



We will resume normal hours on Tuesday, September 8th, 2026

We will resume normal
happy



**Cantrell Center**
PHYSICAL THERAPY • WELLNESS

Employee Anniversaries



Donna Tant
Water Aerobics Instructor
1st Anniversary Since Return



Samantha Anderson
Physical Therapist
2nd Anniversary



Connie Sorensen
Registration
26th 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!!

49th Macon Labor Day Road Race 5K, 10K, and Fun Run

Monday, September 7th @ 7:30 AM in Macon, GA



The 49th Macon Labor Day Road Race features a fast point-to-point course, chip timing, gender-specific wicking shirts, and a family-friendly atmosphere. The courses are USATF certified and can be used as a Peachtree Road Race qualifier. For even more fun, enter the Parent & Child, Husband & Wife, or Team of 5 competition. This race is part of the Macon Tracks/OrthoGa Race Series.

Annual Joshua's Wish 5K Run/Walk

Saturday, September 19th @ 8:00 AM in Macon, GA



Joshua's Wish's 17th 5K Run/Walk & Kids Fun Run, held during Childhood Cancer Awareness month in September, is an annual race that raises funds to support childhood cancer research and spread awareness.

Pink Out 5K Run/Walk & 1-Mile Fun Run

Saturday, September 26th @ 9:00 AM in Macon, GA



Join us to celebrate the 13th Annual PINK OUT 5K & 1 MILE as we run into October for Breast Cancer Awareness Month! Our PINK OUT is a community-based, family friendly FUNdraising event to support our worthy mission!

Register today and join us in person for our 5K and 1 Mile Family Fun Run/Walk on September 26, 2026! Can't join us in person? Join us as a virtual participant September 26 - October 3!

*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.*