



OCTOBER 2026

www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



**NATIONAL
PHYSICAL
THERAPY
MONTH**

OCTOBER

Celebrating National Physical Therapy Month

This month, we're celebrating Physical Therapy Month and all the amazing ways physical therapy helps people move better, feel stronger, and get back to doing the things they love! Whether you're recovering from an injury, managing pain, improving your mobility, or working toward a new goal, physical therapy can help you feel more confident in your movement and your everyday life. We're especially proud to celebrate our incredible physical therapy team, who encourage, challenge, and cheer on our patients every step of the way. From small victories to major milestones, every bit of progress is worth celebrating! Here's to stronger bodies, healthier habits, and plenty of reasons to keep moving! ❤️

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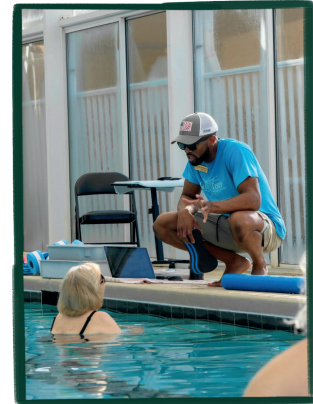
**FEATURED RUN/WALK
EVENTS**

PHYSICAL THERAPY AND PAIN MANAGEMENT



Physical therapy can be an important part of a comprehensive approach to managing pain. Rather than focusing only on pain relief, physical therapy addresses factors that may contribute to pain and difficulty with movement.

- Reduces pain: Therapeutic exercises, manual therapy, and other techniques may help decrease pain and improve comfort.
- Improves strength: Strengthening muscles can provide better support for joints and help the body move more efficiently.
- Increases flexibility and mobility: Stretching and mobility exercises can help reduce stiffness and improve range of motion.
- Restores function: Physical therapy can help patients return to everyday activities, work, exercise, and hobbies.
- Builds confidence with movement: Patients can learn safe ways to move and gradually increase their activity level.
- Provides personalized care: Treatment plans are designed around each patient's condition, symptoms, activity level, and goals.



- Teaches self-management: Physical therapists can provide exercises and strategies patients can continue using at home to help manage their symptoms
- Physical therapy is not only about treating pain at the moment. It also focuses on helping people understand their bodies, improve how they move, and return to the activities they enjoy.

**STRONGER STEPS START HERE!
WE'RE PROUD TO SERVE YOUR
PHYSICAL THERAPY NEEDS
AND SUPPORT YOU EVERY STEP
OF THE WAY.**





19TH ANNUAL
CENTRAL GEORGIA
GREEK FESTIVAL
OCTOBER 23-25

Greek Cuisine • Live Music • Dancing • Church Tours
PRESENTED BY HOLY CROSS GREEK ORTHODOX CHURCH

HOLYCROSSGA.ORG • DOWNTOWN MACON • 478.621.0744  



Upcoming Closures

**Continued Education: Saturday
October 17, 2026**



THE CANTRELL CENTER WILL BE
CLOSED SATURDAY OCTOBER 17 AND
SUNDAY OCTOBER 18, 2026.

We will resume normal hours on Monday
October 19, 2026



Cantrell Center
PHYSICAL THERAPY • WELLNESS

Employee

Anniversaries



Cindy Rice
Physical Therapy Assistant
27th Anniversary



Lillian Siu
Wellness Administrative Supervisor
13th 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!!

Run For The Kingdom 5K & 1 Mile Fun Run

Saturday October 3, 2026 @ 8am in Byron, Georgia



All funds raised will support the new homeless shelter in Warner Robins in providing vital services to the homeless community and individuals experiencing crises.

9th Annual Lauren Gidding 5K, Macon

Saturday, October 10, 2026 @ 11 in Macon, Georgia



Lauren Giddings was a Mercer Law student and dedicated AWLS member who passed away in 2011. She was involved throughout law school and is remembered for her passion for giving back, including her diligence with the Public Defender Clinic. AWLS hosts a yearly 5K in her honor and memory because of her love of running. This year will proudly be the 9th Annual Lauren Giddings 5K. Proceeds from this event will contribute to scholarships awarded to our most involved and academically dedicated graduating members of Mercer AWLS to supplement the costs of preparing for the bar exam.

WRPD Glow Run 5K

Saturday October 17th, 2026 @ 8pm in Warner Robins, Georgia



Please join us for the Warner Robins Police Department Glow Run 2026! This event will be held at Freedom Field (111 Bear Country Blvd., Warner Robins, GA 31088) on October 17, 2026. The event will begin at 6:00 pm, and the race will begin at 8:00 pm

21st Annual Trek or Treat Road Race

Saturday, October 18, 2026 @ 8am in Macon, Georgia



35,000 pieces of candy, 1,000 runners and walkers, hundreds of costumes, and a lot of FUN! Sound like a good time? Register for the 21st annual Trek or Treat Road Race! There's an event for everyone: the chip-timed 5K, the mile-long unSpooky Sprint, and the Candy Mile with thousands of treats for kids 12 and under! These family-friendly events will be held at Bass Pro Shops in Macon. Proceeds benefit Jay's HOPE Foundation, helping families with children who have cancer.

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.