Cantrell Center
PHYSICAL THERAPY • SPORTS MEDICINE • WELLNESS

NOVEMBER 2026
www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



We are so thankful for our members and patients

This Thanksgiving season, we're celebrating gratitude, good health, and all the little things that make a big difference in our lives! Whether it's making progress toward your goals, enjoying time with loved ones, staying active, or simply feeling stronger each day, there's always something to be thankful for. We're especially grateful for our amazing patients, members and dedicated team, who make every step of the journey so meaningful. From small victories to major milestones, every bit of progress is worth celebrating! This season, we're thankful for the opportunity to help our patients move better, feel stronger, and get back to doing the things they love. Wishing everyone a happy, healthy, and gratitude-filled Thanksgiving! 💙

IN THIS ISSUE

THANKFUL FOR YOU!

UPDATE: SUNSHINE'S MISSION TRIP

UPCOMING CLOSURE

VOTE FOR YOUR FAVORITE COSTUME!

FEATURED RUN/WALK EVENTS

A Journey of Faith: An Update From Sunshine!

It's incredible that it's been a month since I left home! There aren't enough words to express how profoundly God has impacted my heart. He reveals incredible truths to those who open their hearts to Him. 👐



The first few weeks were challenging as I adjusted to the weather, class schedules, and information about serving, student life, and more. We shared meals, engaged in team bonding activities, and held devotionals together. Despite the harsh weather and illness, we persevered and made it through!

This second half of the month, in particular, was transformative as we studied "The J-Curve: Dying and Rising with Jesus in Everyday Life." I also met with my consejera, a Spanish term for counselor. Tears were shed for various reasons, but there's a sense of peace knowing that my mini-resurrections will eventually lead to the ultimate resurrection with our Lord and Savior. The book delves deeper into these concepts and I highly recommend it to anyone struggling to understand their life's season or the reasons behind certain events.





Beyond my personal growth, this cultural immersion has broadened my perspective on the global impact of worldly desires and the urgent need to address these issues. While I intentionally remain politically neutral, I'm not oblivious to the enemy's activities in the world. Prayer holds immense power! One thing I've learned is that intentional prayer reveals God's presence in various aspects of our lives. Whether we desire a specific outcome or not, we must recognize that we can't accomplish everything on our own.

I encourage each of you to join us in daily, intentional prayer for the Word of God to reach these places and for God to intervene against the wickedness and evil that seeks to corrupt the world.

Follow us on Instagram at ume.pdvarg to learn more about our prayers and the impact we're making!

To those who have supported me throughout my journey, I want to express my deepest gratitude. Your unwavering support means the world to me, and I am truly grateful for the opportunity to grow and learn from this experience. Please know that your contributions, whether in the form of money, words of encouragement, or prayers, have a profound impact on my life. I pray that I can demonstrate the glory of God to you and the world through the work He does within me.

ATTENTION Upcoming Changes/Closures related to Thanksgiving:

CHANGE OF SCHEDULE:

The Wellness POOL will be open 1pm-4pm on Saturday, November 21st. Aquatic Therapy will take place from 8am-1pm for Physical Therapy Treatment only. The gym will also be open at this time (8am-4pm). The Saturday pool schedule is as follows:

- **Lap Swim & Solo Aquatics: 1pm-2pm**
- **Water Aerobics: 2pm-3pm**
- **Lap Swim & Solo Aquatics: 3pm-4pm**

CLOSURE:

The Cantrell Center will be Closed on **Thursday, November 26th** in observance of Thanksgiving. Happy Thanksgiving!

CHANGE OF SCHEDULE:

On Friday, Nov. 27th, the Cantrell Wellness Center will be open 8 AM - 12 PM.

The pool schedule is as follows:

- Lap Swim and Solo Aquatics 8am-9am
- Arthritis 9am-10am
- Water Aerobics 10am-11am
- Lap Swim and Solo Aquatics 11am-12pm

SATURDAY NOVEMBER 28TH WILL FOLLOW NORMAL SATURDAY SCHEDULE

DON'T FORGET TO VOTE! - CHECK OUT OUR SOCIAL MEDIA CHANNELS FOR MORE PHOTOS FROM THE

to the Annual Cantrell Center Halloween Dress Up!

VOTE BY "LIKING" YOUR FAVORITES



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!!

P B & J 5K Race

Saturday, November 14,2026 @ 8am in Perry,GA

Join us for a race supporting Georgia farmers and locally grown products, with a special nod to our official state crop, PEANUTS!

- Flat, fast route
- Free Fried PB&J Sandwiches, a signature delicacy from the Peanut Commission
- Free peanut butter for each registered racer at the end
- Unique custom medals
- Stay after the race and visit the Georgia National Antique Agriculture Show, a family-friendly event with more than 300 different antique tractors and farm equipment from all across the country

Macon Music Half Marathon

Saturday November 21,2026 @ 8am in Macon



We proudly announce the 4th annual Macon Music Half Marathon, presented by Atrium Health Navicent, on November 21, 2026. It will start and end at Carolyn Crayton Park (formerly Central City Park). The course will take you past sites that showcase Macon's musical heritage, including the Grand Opera House, the Big House, Little Richard's home, Capricorn Studios, the Otis Redding Foundation, and Mercer's McDuffie Center for Strings, as well as other historic and cultural sites. New attractions include more music on the course, a concert at the finish, course changes to avoid high-traffic areas, and the finish line at the historic Luther Williams Field home plate!

21st Annual Trek or Treat Road Race

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



Join us in Perry, Georgia, on Saturday, November 21, 2026, for a festive community race benefiting the Perry Police Foundation. Whether you run, jog, or walk, every step helps support the Foundation's mission and the officers who serve our community.

All experience levels are welcome, so gather your family, friends, coworkers, and running buddies for a fun morning of fitness, community spirit, and Thanksgiving cheer.

Run with purpose. Stand behind Perry's officers.

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.