November 2026

The Apex Advantage

Upcoming Events:

NOVEMBER 16TH
Beyond Hot Flashes: Menopause & Pelvic Floor Workshop
5:30PM
EDGELEY LIBRARY

DECEMBER 1ST
Jingle & Mingle @ River's Bend EGYM
4-6PM

Chair Yoga with Charmaine
5:30-6:30PM
GREAT ROOM IN LAMOURE MALL

DECEMBER 8TH
If the Shoe Fits Workshop
5:30PM
EDGELEY LIBRARY

November is here, and we're feeling extra thankful!

As the holiday season approaches, it's the perfect time to focus on your health, stay active, and keep doing what you love. We're especially grateful for our amazing patients, dedicated team, and wonderful communities who make Apex so special.

Here's to a November filled with gratitude, good health, and plenty of reasons to keep moving!



DISCOVER WHAT'S NEW AT APEX

December 1 | 1-6PM | River's Bend Apex

Join us for our Shockwave & Laser Therapy Open House! Explore how these innovative treatments may help relieve pain and support healing. Enjoy a FREE demo and consultation!

Spots are limited - reserve by scanning the QR today!

The Power of a Friendly Greeting: Why Patient Experience Starts at the Front Desk

A warm smile and friendly greeting can make all the difference! Jenna Krieger shares how Apex's front desk team helps every patient feel welcomed, valued, and part of the Apex family. Discover why great care starts before you enter the treatment room!





Beyond the Headache: Understanding Concussions and Recovery

A concussion can affect more than just your head—it can impact your balance, focus, energy, and everyday activities. In this blog, Casey Sailer shares common signs to watch for, what recovery looks like, and how physical therapy can help you safely get back to doing what you love!

Product of the Month

NutriDyn

VIATMIN D_3 5000 WITH K_2

- Supports healthy bone
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- Liquid Vitamin D also available!

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Support your wellness through the shorter, colder days.