

OUR NEW MASON CLINIC IS NOW OPEN!

INSIDE:

- Get To Know Our Physical Therapists, Megan Brew & Tiffany Stutzman
- Relieve Pain In Minutes
- Check Out Our Mason Clinic News Feature!

Peak Performance Physical Therapy is celebrating the grand opening of our Mason clinic! Our 4th clinic is located at:

132 S. Cedar St. Mason, MI 48854

We are keeping our patients safe, and our clinic clean by following CDC guidelines.

Watch a Facebook Live Mason Clinic Construction Walk-through by scanning the QR Code below! **Contact us today to schedule an appointment at our Mason clinic by calling (517) 853-6800.**



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- Relieve Pain In Minutes
- Nutrition Virtual Education Series



ARE YOU IN PAIN?

FREE
CONSULT!



FREE CONSULTATION!



(517) 853-6800

Because you are a past patient of Peak Performance Physical Therapy, we invite you for:

A COMPLIMENTARY PAIN/INJURY SCREENING!

7402 Westshire Drive, Suite 105
Lansing, Michigan 48917

13105 Schavey Rd. Suite 5
DeWitt, MI 48820

2301 West Grand River Ave.
Okemos, Michigan 48864

132 S. Cedar St.
Mason, MI 48854

Offer valid for the first 20 people to schedule.
Expires 11-28-20

CHECK OUT OUR
MASON CLINIC VIRTUALLY!

Details Inside

GET TO KNOW OUR PHYSICAL THERAPISTS, MEGAN BREW & TIFFANY STUTZMAN!

MEGAN BREW, PT

Mason Clinic Manager

Megan is from Temperance, MI (almost Toledo!). She enjoys being outdoors, running, playing with her dogs. She also loves horses, and grew up riding them, which she hopes to get into. Along with those interests she enjoys hunting and watching movies.



Megan chose physical therapy because she truly loves helping people get moving and get back to doing the things they love to do. She was first interested in physical therapy when introduced to hippotherapy (pediatric PT on horses) as a teenager. Her interest in physical therapy grew from there. She specializes in pediatric physical therapy, but enjoys all ages!



Some of her hobbies/interests include spending time with her family and friends, going for walks, playing tennis, having game and movie nights, crocheting, and listening to music, sermons, or podcasts. Tiff and her family also love to spend time on her family's farm; working, being outside, and going fishing. She and her husband are also huge fans of The Office; they even resemble Jim and Pam to a "T"!



Tiff chose to be a Physical Therapist because of her love of people and passion for helping others in need. Driven by compassion and her deep faith in Christ, Tiff loves to serve others, develop friendships, help people find healing and relief from pain, and help people reach their goals to improve their quality of life. Tiff has been through PT herself after an injury from a 4-wheeler accident and can testify firsthand to the benefits of therapy.

Tiff would love to meet you, get to know you, and help you out with anything you need. She will work hard to help you reach your goals! Don't wait; schedule an appointment with her today!

TIFFANY STUTZMAN, PT, DPT

Tiff is a Lansing area native. She graduated from Grand Valley State University with her Bachelor's Degree and Central Michigan University with her Doctorate in Physical Therapy. She has been a PT for almost 9 years and has experience and interest in a wide variety of conditions and diagnoses. Tiff considers herself a lifelong learner; she loves to attend continuing education classes and learn new treatment techniques.

www.peakperformanceomt.com

PUMPKIN SOUP



INGREDIENTS:

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

INSTRUCTIONS:

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

Relieve Pain In Minutes

Try this movement if you are experiencing pain.

Strengthens core

 Simplest Pro
www.simplest.net

DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.



CALL TODAY! 517.853.6800

PEAK
PERFORMANCE
Physical Therapy

Check Out Our Mason Clinic News Feature!

Watch Jill Marlan, CEO and Founder of Peak Performance, talk about the new Mason location on Fox 47 news Morning Blend. For more information visit PeakPerformanceOMPT.com or by calling (517) 853-6800.

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Facebook video)
3. Enjoy!

Checkout our Morning Blend featured video below!



WE MAKE IT EASY TO LEAVE A REVIEW!



(Lansing Location)



(Okemos Location)



(Dewitt Location)

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the desired QR code in the frame
(this will take you directly to our Google Review Page)
3. Let us know how we did!



Nutrition Virtual Education Series
All episodes are at 5pm streamed live on Facebook at
bit.ly/211w9wz www.facebook.com/www.peakperformance.com

October 1st: Nutrition 101: Eating for Good Health

Providing the guidelines for understanding proper nutrition for good health. Learn more what macronutrients are and the appropriate amounts you should consume to fit your lifestyle. This presentation will help better supply you with the general understanding of healthy eating!

October 15th: Eating for Immunity

Learn the critical role fruits and veggies play in supporting positive immune function and protection against disease and illness. Tips and tools to increase fruit and vegetable consumption throughout the day!

October 29th: Sleep Health and Hygiene Tips

Should I eat or not eat before bed? Learn what foods may actually help you get a better night's rest along with tips to ensure you sleep throughout the night.

November 12th: Building a Plate for Optimal Health

Learn how to build a healthy plate for long-term success. Portion, size, meal frequency and color will be discussed in great detail to make you feel more confident at the dinner table.

December 10th: Physical Activity and Fueling Your Body

Physical activity can help you be healthier and happier in all areas of your life. Learn how to properly fuel exercise, support muscle growth and overall recovery from training!



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