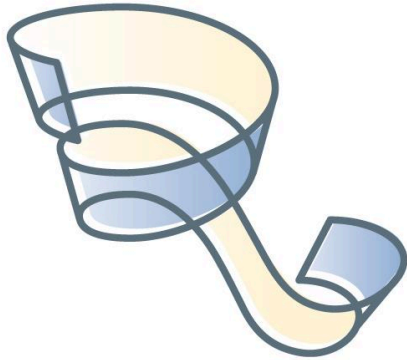


The REAL Newsletter

Merry Christmas and a Happy New Year!

From REAL Physical Therapy



With the New Year fast approaching it's that time of the year where all decorations come out and the lights shine brighter than ever. We all come together to celebrate our wonderful memories, exchange gifts and share the Holiday spirit with the people we love. All year we have made memories and REAL Physical Therapy wants to share those and our Christmas traditions with you!

ISSUE #4, DECEMBER 2013

News:

Our website is finally up and running! Tell us what you think!

www.RealPT.com

We want to share our Holiday traditions with you!



Holiday Hours: Closed

December 24th-25th

January 1st

Celebrate the Christmas Spirit with your loved ones!



A REAL Christmas Tradition

A little history about Christmas:

Santa Claus was born in the United States in the late 1860's and was named Santa Claus, as this was the Dutch word for St. Nicholas, *Sintaklaas*. The first Santa Claus did not wear a red suit or live at the North Pole, but he did bring presents to children every year. From this came many versions of the famous and loving St. Nicholas.

Our REAL traditions:



With the Christmas spirit upon us we all love receiving gifts from loved ones and giving back too. Here at REAL Physical Therapy we celebrate our gift giving by doing a White Elephant Gift Exchange! If you haven't heard of this before we would love for you to try it out with your loved ones. The point of this gift exchange is to have a fun and entertaining time. First everyone must bring a present each to exchange, next you choose the order in which everyone will go. Number one will choose any gift and the turn will end. The second will have the choice of "stealing" any unwrapped gift or choosing a wrapped gift from the pile and so on. When a person's present is stolen, they must select a replacement gift from the pile or steal one of the unwrapped gifts again. You can set a max amount of times a gift can be stolen; two is usually a good number. The game will end when the last person has taken their turn. Make the most of this humorous game and enjoy a Holiday tradition with your family and friends!

Our REAL website is up and running!



Get to know our REAL story and REAL family on our About Us page. We would love to hear your feedback and any comments you might have! Read our patient testimonials and what makes us different. We do what we do for you to get back to your REAL self!

www.RealPT.com

REAL Physical Therapy sends you blessings and best wishes this Holiday season!

Merry Christmas to all and a Happy New Year!

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Don't forget to share your REAL experiences with others:

