

GALLOWAY THERAPY NEWSLETTER

December 2017

*Merry Christmas
Everyone!!*

This holiday season is a special one for all of us here at Galloway Therapy. It is the perfect time to take a step back, realize what is important, and enjoy some extra time with friends and family. We are thankful for each of you and want to wish you a Happy Holiday and a very Merry Christmas. Be safe in your travels!

CASUAL COOKING WITH JOHN

Reindeer Chow

Ingredients

- 6 cups Rice or Corn Chex cereal
- 1 cup milk chocolate chips
- 1/2 cup peanut butter
- 1 cup powdered sugar
- 3 tablespoons unsweetened cocoa powder
- 1 - 2 cups miniature marshmallows
- 1 - 2 cups Whoppers
- 1 - 2 cups salted mini pretzels
- 1 bag Red and Green M&M's

Instructions

- Pour cereal in a large bowl and set aside.
- Melt chocolate chips and peanut butter together either in the microwave or stove-top and stir until smooth.
- Pour mixture over cereal and gently fold until coated.
- In a small bowl, mix the powdered sugar and cocoa powder together, until mixed well.
- Dump powdered sugar into a large plastic bag and add cereal mixture and shake until covered.
- Pour onto a cookie sheet to let cool.
- Mix in marshmallows, Whoppers, pretzels,



IN THE NEWS...

Now that the winter months are upon us, unfortunately, injuries begin to spike as the roads get slippery and the sidewalks get icy. We want to help you prevent injuries such as bruising, ankle sprains, muscle strains, and even concussions that are now more likely to happen due to hard falls on slippery surfaces. Here are a few tips from all of us at Galloway Therapy to keep you safe:

1) *If You Have to Fall, Do it Right!*

Try to fall onto your side. This can prevent head and back injuries. Don't use your hands or elbows to break the fall, but let as much body surface contact the ground as possible. This disperses the impact.

2) *Pay Attention to the Weather*

If the weather is bad, stay at home if at all possible! If things get dicey outside while you're running errands, try to wait it out or head home before the worst of it peaks.

3) *Dress Appropriately*

No T-shirts, shorts, or sandals for you! Don those boots, gloves, and heavy coats to prevent frostbite.

4) *Before Doing Physical Activity...*

Doing a quick little warm up and later a cool down and stretch are vital during cold, wet weather! Even activities such as shoveling, going for a walk, chopping wood... they will get your heart pumping. (osrpt.com)

Stay Safe this Holiday Season!

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**SCHEDULE YOUR
APPOINTMENT TODAY!**

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