



EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



PODCASTS

what we're listening to

» Episode 47: Swallowing Issues and Oral Care with Parkinson's - Presented by the Parkinson's Foundation. Listen at: parkinson.org/library/podcast/47

» Episode 40: Nutrition and Aging: Healthful Tips for Older Adult - Presented by Honestly Again by Friends Life Care. Listen at: podcasts.apple.com



BOOKS

what we're reading

» *Good Energy: The Surprising Connection Between Metabolism and Limitless Health* by Casey Means, MD

» *Walking Thru: A Couple's Adventure on the Pacific Crest Trail* by Michael Tyler

Transform Your Life with **RiSE**



Are you or someone you know at risk for falls? RiSE is a wellness program for people with Parkinson's Disease and other movement disorders that supports slowing the progression of these disorders using anecdotal and evidence-based interventions. **Our RiSE program has 12 remaining spots available! Read these two testimonials about how lives are being transformed:**



"I love this program! It keeps you active- your body, mind, and vocals are all exercised and active. You get to fight the disease, not just take pills."

- Glen Shafer, still working and thriving at age 77



"I have felt a change in myself from day one. My mood improved immediately. Physically, I have a ways to go. I look forward to every day. Thank you."

- Iris Jisha, retired life skills teaching assistant



CLICK HERE TO LEARN MORE & SIGN UP

We wish you a Merry Christmas!

We want to take a moment to wish all of our valued clients a very Merry Christmas! We are truly grateful for the opportunity to support you on your health and wellness journey throughout this year.

Thank you for trusting us. It's been a pleasure working alongside you, and we look forward to continuing our partnership in the year ahead.

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words of wisdom

CORNER

"We rise to great heights by a winding staircase of small steps."

Francis Bacon



DON'T LET THOSE BENEFITS SLIP AWAY!

Maximize your end-of-year insurance benefits before they reset. Schedule your appointments now and make the most of your health and wellness journey. Your well-being is the best investment!

INSURANCE PLANS ACCEPTED

We accept most major health insurances; click the button above or go to triorehab.com/patients to learn more.



our vision

Provide individualized therapy in order to improve all persons quality of life.

our mission

Trio Rehabilitation & Wellness Solutions provides Physical, Occupational, and Speech Therapy for adults in a one-to-one setting.

Our experienced therapists will teach you how to improve independent function and fully participate in life.



Provide personalized, one-on-one care. We provide individual treatment plans.



Never overbook or leave our patients unattended for long periods of time. We care about our clients and their time.



Receive ongoing education and training to ensure we stay up-to-date on the latest and best treatment programs available.



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PELVIC FLOOR REHAB

Our pelvic floor rehab program continues to grow, and we want to let our community know about Urogynecology of San Antonio/Boerne! This group can help YOU with problems such as leaking before you get to the potty or painful sex! Want to know more? Check them out at urogynofsa.com/services.

RECOMMENDATIONS ON LIVING LIFE TO THE FULLEST



Do one year-defining thing every year! Be on a pursuit to gain as much knowledge as you can on a particular subject, pick up an instrument, or work on writing that recipe book.



Add a winning habit every quarter! Decide you are going to meditate first thing in the morning at least 3 times a week.



Do something every other month (a mini-adventure) you wouldn't normally do. Jump out of an airplane or maybe start with a road trip somewhere close you've never been!

LOOKING FOR THE RIGHT CANDIDATE

Know a therapist? We are hiring! We are looking for one full time OT/PT with hand experience or is a certified hand therapist. We also need a full time PT with enjoys treating both orthopedic and neurological patients! Visit triorehab.com/careers.

Know someone? Send them our way!
830.331.8604 | info@TRIOrehab.com



ONLINE BOOKING IS NOW AVAILABLE!

We're excited to announce that online booking is now available! When you complete the online form, you'll see real-time appointment availability. However, please note that your appointment is not finalized until you receive a confirmation phone call from Trio.

REQUEST AN APPOINTMENT HERE

We provide the following services:

- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech-Language Pathology
- ✓ Vestibular Rehabilitation (Dizzy Therapy)
- ✓ LSVT Big & Loud (Parkinson's Disease Therapy)
- ✓ Stroke Rehabilitation (Stroke Certified)
- ✓ Swallowing Therapy
- ✓ Certified Hand Therapy (CHT)
- ✓ Cognitive Therapy
- ✓ Lymphedema Therapy
- ✓ Dry Needling