

FEBRUARY NEWSLETTER



A Letter from Dr.G

Hey everyone,
I hope you're all doing well and settling into the new year. I wanted to take a moment to check in and share what's happening here at Connect this month. First off, rugby season is in full swing, and I'm having a blast. If you see me walk into the office with a black eye, don't worry—it's probably just from a game. And if you think I look bad, you should see the other guy. But let's talk about something more important.

Giving Back to Our Community

This time of year, when the rain keeps coming down, I can't help but think about the people in our community who don't have a warm place to go. One of the biggest needs for those experiencing homelessness is warm socks and underwear—simple things most of us take for granted.

Growing up, I watched my parents and the people I admire most find ways to give back, and I've always tried to do the same. One of the core values we hold at Connect is to be someone you'd want to follow, and that means stepping up when we can.

So, for the next month, we're hosting a sock drive here at Connect (471 Aaron Street, Cotati, CA). If you have any brand-new, unused socks (still in packaging), we'll be collecting them through the end of February. At the end of the month, we'll donate everything to a local soup kitchen for distribution.

If you're able to contribute, it would mean a lot—not just to me, but to the people who truly need them.



Workshops & What's Ahead

We're also gearing up for an exciting spring with a ton of great things planned:

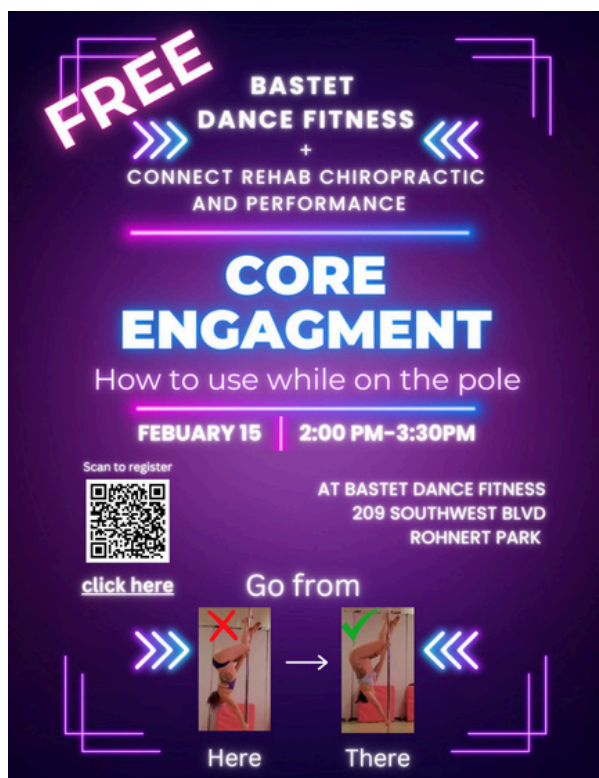
- Free workshops to help you move better and stay pain-free
- Community events to connect with others who prioritize their health
- More ways to support you in getting back to the activities you love

We can't wait to see you at one of our workshops—check out the details below!

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Upcoming Events



When: Saturday, February 15th
Where: Bastet Fitness 209 Southwest Blvd, Rohnert Park
Time: 2 PM-3:30 PM



When: Sunday February 23rd
Where: Kotate Park
Time: 9 AM
(Time subject to change)

Joke of the Month:

What is a frog's favorite month?
February, It has a Leap Year!

