

JUNE NEWSLETTER



Letter from Dr.G

Hey Connect Fam,

May was a great month at Connect and look forward to June and the beautiful weather that is coming!

Earlier this month, I had the opportunity to speak at Life West Chiropractic College—and it was an awesome experience. I shared The Connect Code™ with a packed room of students, and it was honestly so refreshing to see how many of them really wanted to learn more. The questions they asked and the energy in the room reminded me why I started Connect in the first place—to teach, to guide, and to help people grow.

Speaking of growth...

We're thrilled to welcome interns to Connect this summer! These are high school and college students who are curious about healthcare, business, or both—and we're giving them a front-row seat to how we help people move better and live pain-free. We're just as excited to learn from them too. Fresh eyes, new ideas, and a chance to reflect on our "why" always brings good things.

And we're keeping the momentum going...

We're teaming up with FMP to offer a free 3-part summer workshop series open to anyone looking to improve their athletic ability. Each session will focus on a different performance modality, from speed work, agility work, and long distance and trail running. All workshops will be held at FMP—dates are listed below.

We love being a resource for you—not just in the clinic, but through valuable content like our workshops, newsletters, and social media tips. Got a question or a topic you'd like us to cover in more detail? We're all ears. Just shoot us a text or email and let us know what you'd like to learn more about. Your ideas help shape what we create next!

Thanks for being part of this journey with us. We are so grateful for each and every one of you and look forward to continuing to bring you valuable content and being your go to resource for the health of you and your family

Talk soon,

Dr. G



[Click HERE to watch the full youtube presentation!](#)



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Tip of the month



Give Your Feet Some Space (Literally)

If you've been around Connect for a while, you know we love talking about feet—and for good reason. The way your feet move (or don't) can affect everything from your knees and hips to your low back.

Here's how to start giving your feet the attention they deserve:

👣 Wear wide toe box shoes

Most modern shoes squish your toes together, which limits your ability to create a strong base of support. Wide toe shoes (like Altra, Vivobarefoot, or Lems) let your toes spread out, which improves balance, stability, and muscle engagement all the way up the chain.

🧘 Try toe spacers

Using toe spacers for just 10–15 minutes a day (while relaxing, working, or doing light movement) can help restore your natural toe splay, reduce bunion pressure, and improve alignment. It's a low-effort habit with a high return over time.

💡 Understand your 3 arches

Your foot has three key arches:

- Medial (inside)
- Lateral (outside)
- Transverse (across the ball of the foot)

Together, they form the “tripod” your body depends on for stability. Training your feet to actively use all three arches improves balance, absorbs impact more effectively, and supports powerful movement patterns.

🏋️ Train the tripod

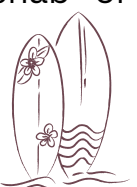
Next time you're squatting, lunging, or even just walking—try this cue:

“Big toe down, pinky toe down, heel down.”

This builds awareness and connection through the entire foot, not just the inside arch. You'll likely notice better control, more stability, and less pain or compensation up the chain.

Want to learn how we assess foot function and build exercises into your rehab or performance plan?

Just reply to this email and we'll show you exactly how we do it at Connect.



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Announcements & Upcoming Events

We've got a packed summer ahead—and we'd love to see you at one (or all) of these events!

Free Summer Athletic Workshop Series – In Partnership with FMP

Open to athletes of all ages and abilities looking to move better, feel stronger, and stay injury-free. Each session focuses on a different performance skill and is 100% FREE to attend.

 Location: FMP, cotati

 Time: 11:00am – 1:00pm

- **Saturday, July 12 – Speed & Youth Athlete Workshop**
- **Saturday, July 26 – Agility & Change of Direction**
- **Saturday, August 16 – Long Distance & Trail Running Mechanics**

Bring a friend, bring your questions, and get ready to learn from the Connect + FMP teams.

Connect in the Community – Local Farmers Markets

Stop by our booth, say hello, and chat with us about anything from foot health to back pain to summer goals. We'll have tips, info, and maybe even some free giveaways!

Rohnert Park Farmers Market

- Thursday, June 20
- Thursday, July 25
- Thursday, August 15

Cotati Farmers Market

- Tuesday, July 9
- Tuesday, August 16

Let us know if you plan to attend—or just swing by and surprise us! We love connecting with our community face-to-face.

Joke of the Month
What do you call a foot
that's always dancing?
A toe-tally groovy
stepper!



**SUMMER
INTERNSHIP
PROGRAM**

REHAB CHIROPRACTIC & PERFORMANCE
CONNECT

Connect is offering a one-of-a-kind internship opportunity where you will get real world experience in a thriving small business and be a valuable part of our growth and mission.

OPPORTUNITIES

- ✓ Build your resume
- ✓ Learn how healthcare professionals help people move and feel better.
- ✓ Gain hands on experience in marketing, sales, and accounting
- ✓ Decide if a path in health, fitness, or business is right for you
- ✓ Get a letter of recommendation
- ✓ Get Volunteer hours

For more information email:
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