

LETTER FROM DR. G



On a personal note, this summer has been just as special outside the clinic. Melissa and I celebrated our first wedding anniversary ❤️.

None of this — not Connect, not our growth, not the future we’re building — would be possible without her. Her support at home and behind the scenes has been the cornerstone of my life and a huge part of what makes the Connect community what it is today. In fact, it was her idea to even start Connect when I did.

I also got to live out not one, but two childhood dreams: traveling to Japan and stepping into the ring as a pro wrestler (yes, really 🤼♂️). Check out the pictures in this month’s newsletter — it’s been a wild ride.

The last two years have been incredible. And I’m even more excited to see what the future holds for Connect, and for all of us as a community.

Talk soon,
Dr. G



Hey Connect Fam,
This month marks two full years of Connect — and what a journey it’s been. When I first opened the doors, it was out of necessity. Honestly, I wasn’t sure if I could do it. I had no idea what I was doing, and I was scared.

But step by step, lesson by lesson, Connect grew — and so did I. There have been plenty of ups and downs along the way, but every challenge has been worth it. I’ve learned more about myself, my abilities, and my capacity to grow than I ever thought possible. I’ve had to push myself to communicate better, lead more effectively, and keep showing up when things felt hard.

Running Connect has been one of the hardest, most draining things I’ve ever done — but it has also been, without question, the most rewarding. The lessons I’ve learned here have made me a better person, son, husband, doctor, and business owner.

And the truth is, I wouldn’t be here without my wife Melissa (more about that later) and this community. For believing in me. For trusting us with your health. For showing up and putting in the work. For letting us be part of your story. I can’t thank you enough.

To celebrate this milestone, we’re going big.

First up: the Connect Community Health Fair on Saturday, October 11th from 10–3 at FMP in Rohnert Park. This will be our biggest event yet — a full day of movement, recovery, and fun for the entire family.

Here’s what’s waiting for you:

- Free exercise classes all day
- Massage therapists giving complimentary mini sessions
- Local vendors with special offers
- Exclusive giveaways from Connect

And at 12:00 PM, our **Sciatica Workshop** — the most in-depth one we’ve ever done. We’ll break down the true causes of YOUR sciatica symptoms and show you how to finally move past it.

As an added bonus, we’re launching our **2-Year Anniversary Sale from September 17 – October 17.**

This is for:

- People who’ve been waiting for the right time to start
- Patients who want to keep their progress going
- Anyone looking for ongoing support with our VIP program

It’s the best value we’ve ever offered — one time only — as a thank you to everyone who’s been part of the Connect family.

If you want in, reach out now. We’ll get you set up and answer all your questions.



TWO YEARS, PATIENT WINS, A COMMUNITY HEALTH FAIR, AND YOUR LAST CHANCE FOR OUR LOWEST RATES.

QUICK TIP OF THE MONTH: 3 TYPES OF SCIATICA — WHAT THEY REALLY MEAN

Not all sciatic pain is the same — and knowing the difference can change everything about how you treat it.

Here are the three most common drivers of sciatic symptoms:

Piriformis Syndrome

When the piriformis muscle in your hip gets tight, it can compress the sciatic nerve. This often feels like a deep ache in the butt with pain shooting down the leg.

True Sciatica (Disc-Related)

A bulging or herniated disc in the lower back can press on the sciatic nerve root. This usually brings sharp, radiating pain, numbness, or tingling down the leg — sometimes all the way to the foot.

TFL Tightness / Lateral Nerve Entrapment

When the tensor fasciae latae (TFL) muscle and hip flexors are tight, they can compress the cutaneous nerves in the thigh. This often feels like burning, tingling, or strange “nerve-y” sensations along the outer thigh.

The key takeaway: Not all sciatica is the same. If you don’t know which type you have, you’re left guessing — and guessing leads to frustration.

That’s why we’re hosting a **Sciatica Workshop** at the **Connect Community Health Fair on October 11th at 12 PM**. We’ll help you uncover which type of sciatica you’re dealing with and show you the first steps toward lasting relief.

Mark your calendar: **October 11th • 10 AM – 3 PM • Cotati**

JOKE OF THE MONTH: WHY DON'T CHIROPRACTORS EVER GET LOST? BECAUSE THEY ALWAYS KNOW THE BACK ROADS!

UP COMING EVENTS



Connect's 2-Year Anniversary Sale!

To celebrate two amazing years, we’re saying thank you with our lowest rates ever — one time only.

This is your chance to:

Start your journey with Connect if you’ve been waiting for the right time

Keep your progress going strong with another plan of care

Get continued monthly support through our VIP program

Reach out today to take advantage of this opportunity and with any questions you have — we’re here for you.

Connect Rehab Chiropractic & Performance

September 17 – October 17

Connect Community Health Fair

A full day of fitness, recovery, and learning — open to the whole community. Join us for group exercise classes, sample massages, local vendors, giveaways, and our featured

Sciatica Workshop at 12:00 PM.

Location: Connect / FMP, Rohnert Park
Date: Saturday, October 11th
Time: 10:00 AM – 3:00 PM

