

**SPOOKY
ALERT!**



Connect News



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ALERT!**



OCTOBER NEWS



**LETTER FROM
DR.G**



**JOKE OF THE
MONTH**



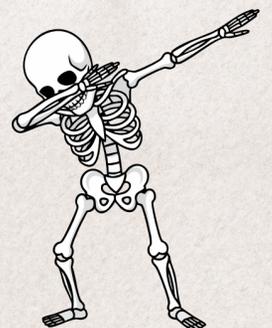
**TIP OF THE
MONTH**



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**WHAT DID THE SKELETON SAY TO THE
CHIRO?**

YOU CRACK ME UP!





LETTER FROM DR.G

H Hey Connect Community, October was one for the books. Our first-ever Connect Community Health Fair was everything we hoped it would be — and more. Seeing so many people from the community come out to learn, move, and just hang out with us was incredible. It really showed how strong and supportive this little corner of Sonoma County can be.

I want to thank all of our vendors and partners who helped make the day such a success — especially the Cotati and Rohnert Park community for showing up, spreading the word, and bringing so much energy to the event. The day came together because of the full Connect team, too. Everyone pitched in — from setting up early that morning to keeping the energy high throughout the day. Watching our crew work together like that reminded me how much we've grown — not just in numbers, but in trust, collaboration, and purpose.

Our presenters truly brought the day to life. Frederick led an amazing mobility class, Stephanie from Bastet got everyone moving with her floorwork session, Adam from Lucid shared great insights on distance running, Cortney Harden from Live Aligned Integrative Therapy delivered an incredible Mind & Body Talk, and I wrapped things up with our Sciatica Workshop (we'll be posting the full video soon on YouTube so you can rewatch it if you missed it).

Moments like this remind me what Connect is really about. It's not just about helping people out of pain — it's about helping them reconnect to their bodies, their goals, and their community. It's about seeing the progress you've made, building confidence through movement, and celebrating the wins along the way.

We also had our first chiropractic student shadow this month — Juan "Esco" Escobar — who brought a ton of positive energy to the clinic. Having him here was a reminder that growth isn't just about adding new patients or services; it's about teaching, mentoring, and continuing to build a space where everyone — patients, students, and team members alike — can learn and evolve together.

Every month, I find myself more grateful for this community and for the opportunity to do this work. Thank you for being part of it, for trusting us, and for continuing to show up for yourselves.



THE GAP AND THE GAIN

QUICK TIP OF THE MONTH:

As we head toward the end of the year, I want to share a mindset shift that's been on my mind lately — something called “The Gap and the Gain.”

It's easy to focus on the gap — the distance between where you are and where you want to be. Maybe it's a goal in your rehab, your training, or even your career. But real progress — and happiness — come from focusing on the gain: all the steps you've already taken, the habits you've built, and the lessons you've learned along the way.

Every rep you do, every small improvement you notice, every bit of awareness you build — that's all part of the gain. The process is the progress.

So as we close out the year, take a second to look back. You've done more than you think. You're further along than you realize. And that, right there, is something worth celebrating.

