

LETTER FROM DR.G



Hey Connect Community, November is here, and with Thanksgiving around the corner, I've been reflecting on how grateful I am for this community — for everyone who walks through our doors, supports what we do, and grows with us month after month.

This past month had some fun wins. Tuna went on her first long hike (and absolutely crushed it), and we officially rebranded our VIP program into the Peak Performers Club, which feels like the perfect name for the group of people committed to staying better, moving better, and leveling up long-term.

We also had an amazing time at the Bastet Dance Fitness Showcase — and yes, I got on stage and performed too. Seeing so many patients and community members express themselves through movement — pain-free and confident — is exactly what Connect is all about.

As Thanksgiving approaches, I'm reminded how important it is to give back, stay connected, and support each other. This year, we have a couple great opportunities to do that together.

QUICK TIP OF THE MONTH: GET OUTSIDE WHEN YOU CAN

Rainy season is finally here, and in California it's easy to forget how much sunlight matters until it's gone.

Even a few minutes of sun and fresh air can:

- Boost your mood
- Regulate sleep
- Support your immune system
- Help your body reset

Whenever there's a break in the weather, step outside — even briefly. Your body will thank you for it.



UP COMING EVENTS

Redwood Empire Food Bank Drive

We're collecting food for families in need this Thanksgiving.

Drop items at Connect OR donate online through our Amazon Wishlist or Redwood's direct donation link.

FMP Holiday Toy Drive

December 6th, 2025 • 11 AM – 3 PM

471 Aaron Street, Cotati, CA

Bring a wrapped, labeled gift for a child in need and enjoy tamales and pozole after donating!

JOKE OF THE MONTH:

WHY WAS THE TURKEY SO GRATEFUL FOR HIS ADJUSTMENT?

BECAUSE AFTER YEARS OF WOBBLING, HE FINALLY GOT HIS GOBBLE BACK!

