

APRIL NEWSLETTER



Letter from Dr.G

Hey Connect Crew,
We've had a lot to be grateful for this past month.

First off – a huge thank you to everyone who came out to our 2nd Annual Patient & Client Appreciation Day! We teamed up with our amazing partner Angelica from Functional Movement & Performance (FMP), and the day was full of tacos, fun, and great company. It was awesome to see so many of you outside the clinic, just enjoying the community we've built together. If you missed it, don't worry – we're already looking forward to next year!

And a special shoutout to everyone who donated to our sock drive. Thanks to your generosity, we were able to send a huge batch of socks to the Redwood Gospel Mission, where they'll be handed out alongside hot meals, mobile showers, and other essential items to folks in our community who need it most. Couldn't have done it without you – thank you!

If you haven't been in lately, we've made some exciting updates to the clinic.

We've added soundproofing, installed new equipment, and made some final upgrades to the space to make it more functional, comfortable, and dialed-in for your sessions. FMP is looking amazing – come swing by and check it out if you haven't yet!

On a different note – I've also been working on something behind the scenes that I'm really excited to share

Back in November, I was invited to help launch a brand-new Young Entrepreneur Group as part of the Rohnert Park Chamber of Commerce. Since then, I've been teaming up with Lisa Orloff, Chris Ortiz, and Darlene Sandoval to make it a reality – and we're officially up and running!

Our first meeting was this month, and going forward, we'll be meeting on the first Thursday of every month.

Just yesterday, I had the chance to present the vision for the group at the Chamber Luncheon – and the response was incredible. We're pumped to see where this goes.



Last but definitely not least – a huge shoutout to Alfonso Ortega.

Alfonso is a senior and captain of the Elsie Allen Rugby team. He recently earned a scholarship to study and play rugby at a university in the UK, and was just selected to play for the California Grizzlies – a statewide all-star team that travels internationally. This year, they're headed to Japan for a 3-week tour.

Alfonso is the kind of kid who gives you hope for the future – humble, hard-working, and a great example of what makes our community special. During our Appreciation Day, he was even selling pastries to raise funds for his trip. We want to do whatever we can to support him.

If you're able to contribute, [Click Here](#) for his GoFundMe!

Let's help him show the world what Sonoma County has to offer.

As always, thank you for being a part of this one-of-a-kind community. Whether you've been with us for years or are just getting started at Connect – we appreciate you.

Talk soon,
– Dr. G

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Announcements

- Young Professionals Grind and Grow Collective

The first thursday of every month at Nitro City Racing 5:30 to 6:30

If you, or someone you know, is starting a business or looking to grow one, this is the place to connect, learn, and get real support. From feedback to networking to personal growth – we're building something special for the next generation of leaders here in Sonoma County.

- Help Alfonso Ortega reach his goals: **Alfonso Ortega's Go fund Me**

"I'm Alfonso Ortega, 17, captain of the Elsie Allen Lobo Rugby Team. After 3 years of rugby, I've been selected to play with the California Grizzlies in Japan this June, the trip costs \$6,000. I've also committed to Cardiff Metropolitan University. Any donations to help fund the trip would be greatly appreciated. Thank you!"



Tip of the Month

That Knot Under Your Shoulder Blade? Here's What's Really Going On

If you've ever had that stubborn, annoying knot under your shoulder blade that never seems to go away – this one's for you.

This month, we're spotlighting a super insightful episode from Dr. Arneka, a rehab chiropractor (and close friend of ours!) out in Sacramento. On her podcast The Resilient Body, she dives into why digging into that knot isn't actually fixing the problem – and what you should be focusing on instead.

 [Listen here](#) (Apple Podcasts)

✔ No Apple Podcasts?

You can also stream it on Spotify: [Listen Here](#)

Here's the quick version:

That "knot" you feel under the shoulder blade is usually your body compensating for something else – often poor shoulder blade control or muscle imbalances. Digging in with a lacrosse ball or deep tissue massage might feel good short term, but unless you're actually addressing the underlying issue (like how your scapula is moving), the tightness will keep coming back.

This episode gives you a great breakdown of what to look out for and how to shift your approach for longer-term relief.

Check it out and let us know what you think – or better yet, bring it up at your next visit and we'll show you how to test it out.

What kind of jewelry does
the Easter Bunny wear?:

14-carrot
gold!

