



presented by: Hunter Heath (HC) and your Midtown Public Safety Healthcare Team



## -Health & Wellness Quarterly- Charlotte's Public Safety Newsletter



### Monthly Workouts | The Turkish Get-Up

Continuing last quarter's focus on "Proprioception"; the Turkish Get-Up will get your mind moving just as much as your body. We often forget how comfortable modern life can be and that comfort can lead to our downfall. September's #7 workout is a re-introduction to the simplicity of well-rounded core strength, balance, and flexibility.



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### Blog Articles | Shoulder Health: Maintain It, Improve It

Midtown's Physical Therapist, Clint Brooks, gives us a doctor's dose of information about our shoulders. Including everything from function to care; if you still have questions after reading his insights, then it's time to schedule a 1-on-1 PT session with the man himself. Just call our office or submit a request through our site to set up your appointment.



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### Video Gallery | Screening for Immunity

*"What do you mean I tested positive for Hepatitis A?!"*

It's a question that comes from confusion about what the result actually means. Testing positive for antibodies means your body has the tools it needs to protect itself. With Public Safety having such a high risk for exposure; our YouTube channel is a resource for staying informed and safe!

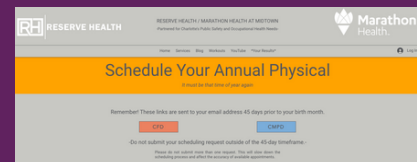


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### Time for your physical?



The scheduling links for Fire and Police are now on our site!