



# **Apple Creek**

## **Sports Medicine Centre**

Special Edition Newsletter 2009



### The Apple Creek Darn Good Race



We are excited to announce **The Apple Creek Darn Good Race**. This will be a charity event that will include activity challenges and a scavenger hunt. The race will be in support of **Canadian Tire's Jumpstart Program**. Jumpstart is a community-based charitable program that helps kids in financial need to participate in organized sports and recreation.

**When:** Sunday, June 21, 2009  
11am – 3pm

**Where:** Apple Creek Sports Medicine Centre  
2 Corby Road, Markham, Ontario

**Team Options:** Family & Competitive

#### **How to register:**

- Drop by the clinic and fill out a form
- Download the form from our website and mail/fax/drop it off

#### **Fee per Team:**

- Family Teams \$50
  - Competitive Teams \$75
- \*fee includes BBQ lunch to follow race

#### **How can you help?**

- Create a team
  - Put up the attached flyer in work common areas and promote the race
  - Volunteer to help out at the race
  - Make a donation to Jumpstart through the race
- \*ask us at the clinic for more information on any of the ways to help out

Please contact Sarah Rabinovitch at the clinic via email ([applecreek.sarah@gmail.com](mailto:applecreek.sarah@gmail.com)) or phone (905-475-0484) with any questions. We look forward to hearing from you and learning how you would like to be involved with our event. The Darn Good Race is going to be a darn good time and we hope to see you there!

### Radial Shockwave Therapy




Apple Creek is now offering Radial Shockwave Therapy (RST). RST is the application of high energy acoustic pulses transmitted into an injured tissue. This form of treatment works to increase the metabolic activity around a site of pain and **stimulate the body's natural healing process**. RST has been **scientifically proven to relieve chronic pain** associated with many common tendon problems. If you have any questions please contact Dr. Candelaria and he will be happy to help you.


### The Apple Creek Sports Performance Lab



We at Apple Creek are happy to announce our newest addition; The Sports Performance Lab. We are growing so that we can offer more services to the community. We are pleased to announce the first of many new classes in the new Performance Lab.

 Joe Donnelly of Strong, Grounded, Balanced Yoga Inc., is an experienced yoga teacher and he will be offering two classes in Performance Lab.

1. **Yoga** on Tuesdays: June 2<sup>nd</sup> to July 21<sup>st</sup>, 8 weeks @ 12:15pm – 1:30pm (cost: \$120+GST)
2. **“Jogalates”** (yogalates) on Wednesdays: June 3<sup>rd</sup> to July 22<sup>nd</sup>, 8 weeks @ 6:30pm – 7:45 pm (cost: \$120+GST)

 Beverley Tyler's **Muscle Class**: Throughout the class, a variety of equipment will be utilized including but not limited to: dumbbells, exercise tubing, stability balls, and imagination! Every class will challenge the body in different ways!

1. Fridays: May 22 to June 26, 5 weeks @ 7pm to 8pm (no class June 12) (cost: \$100+GST)
  2. Mondays: May 25 to June 22, 5 weeks @ 7pm to 8pm (cost: \$100+GST)
- \***what to bring:** clean, indoor shoes, small towel, water

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