



The **well** Report....
the way to **Live well.**

Spring 2010

Work **well.** Play **well.** Live **well.**

www.21stcenturyrehab.com

21st Century Rehab, PC Celebrates 15 Year Anniversary!



On June 25th, 2010, 21st Century Rehab, PC will celebrate its 15th anniversary of providing services to the citizens of central Iowa. We would like to take this opportunity to thank our patients for their support and confidence in our organization. We also would like to recognize our most valuable asset, the employees of 21st Century Rehab, PC. Their commitment and dedication have allowed us to be the premier provider of rehab services in our communities. 21st Century Rehab, PC is a professional corporation locally owned by physical therapists and was founded by Steven S. Cassabaum, DPT. 21st Century Rehab, PC takes pride in the communities we serve. We are active participants in the life of our community, trying to make each a better place to live and work. We understand that our obligations extend beyond the walls of our clinics. We believe in giving back as a way to strengthen individuals and the communities where we live and work. We give back to our communities by supporting a wide variety of charitable organizations and events, with an emphasis on those that are most important to our employees. We feel blessed to have touched and be touched by so many wonderful people during the past 15 years and look forward to many more years of service to our patients and the communities where we live and work!

Three Staff Members Graduate in Different Programs!

This spring we celebrate the completion of course work by three staff members of 21st Century Rehab, PC. Sara Zorn, COTA will complete her Masters of Occupational Therapy from Concordia University in St. Paul, Minnesota. Tasha Vorm, ATC is a member of the first graduating class of the Physical Therapy Assistant Program at Mercy Health College in Des Moines, Iowa. Michelle Cassabaum, CFO completed her course work in the Masters of Health Care Administration Program at Des Moines University.



Take Shape For Life!

Want to lose weight quickly and achieve extraordinary health?

21st Century Rehab is proud to introduce a new service line; Take Shape For Life. We coach each of our clients with compassion, knowledge and professionalism. As trusted and valued health coaches, we help people restore our client's health and improve the quality of their lives. We provide our clients with long-term solutions to their health challenges while providing the support our clients need to achieve their goals quickly.

Here's what we can provide to you:

- ✓ Personal health assessment and complimentary health coaching call to create your customized extraordinary health & fitness plan.
- ✓ A safe and effective weight loss program to help you lose 2-5 lbs. a week. A program that's easy to follow and supported by over 20 thousand physicians nationwide. *
- ✓ FREE health coaching (phone and email support) to help you stay accountable to the goals you've established.
- ✓ Connection to expert support team of doctors, nutritionists, dieticians, nurses and personal trainers to answer your questions.
- ✓ Special programs designed for.....Men ,Women, Athletes, Teens, Seniors, Type 2 Diabetics, Coronary Health, and Joint Health

Please visit www.21stcenturyrehab.tsfl.com to find out more information or call us at **1-877-21REAHB** to speak with one of our health coaches.

*Results may vary. Consult your physician before starting any type of weight loss program.



Special Offer #1 BeSlim® Club Membership

- Free Week of Medifast meals– 5 boxes of most popular meals
 - Free copy of The Secret is Out– book authored by medical team
 - Free Shipping
 - 5% discount on order– on the order total, after discounts/coupon applied
 - Rewards Points
- *BeSlim® Club order must be over \$250, after coupons and discounts to receive free week/book and over \$225 to receive free shipping, after coupons and discounts are applied.

Special Offer #2 50OFF - \$50 off an order of \$275 or more, plus 50% off shipping charges

Offer only available on first order and cannot be combined with any other coupons and offers including BeSlim® Club or any other offer.

Mention 50OFF when you speak with your health coach or redeem in the Shopping Cart at checkout by entering code 50OFF.



**21stCENTURY
REHAB**

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**P.O. Box 461
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What's Inside...

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- Graduations!
- Take Shape For Life!