Notes from the Office:

We are nearing the end of a decade! Let's make this a great month!

Please let us know when you have changes to your health, medications, updates in your physician, emergency contacts, if you are experiencing any signs/symptoms such as chest discomfort, shortness of breath, swelling, etc. In most cases, we can communicate with your physician about how you are feeling if you tell us how things are going in an effort to all work together towards helping you meet your goals.

Please be aware of all of our upcoming closures and going back to “normal hours” for the next month or so.

We encourage you to stay active during the holiday season. We appreciate you and wish you a very Happy and Healthy 2020!

Happy Birthday!

John B. 12/1
Mary M. 12/4
Vinny P. 12/7
Terry R. 12/12
Michael S. 12/12
Jane W. 12/13
Susan D. 12/14
Carolann M. 12/14
Ed K. 12/21
Andrew S. 12/23
Maria W. 12/25
Amy H. 12/27
Neil R. 12/31
Taylor H. 12/31
If you haven’t been to the APFP in a while let us know some of the updates you have! Since your last visit have you:

1. Had any changes in your medication?
2. Had any changes in your medical history?
3. Experienced any of the following:
   - Chest pain
   - Rapid or irregular heart beats
   - Shortness of breath with usual activities
   - Dizziness or lightheadedness
   - Weight gain of greater than 5 pounds
   - Swelling in your ankles
   - Increased fatigue
   - Other problems or symptoms not mentioned above?
4. Has your physician changed?
5. Has your emergency contact changed?
6. If you are ill please refrain from coming in to exercise, especially during cold/flu season, we try not to spread our germs, and we hope that you will help us from not spreading yours to others.

Happy Holidays from the APFP!

We wanted to take this time to say thank you to all of our wonderful participants who have made our first semester here so great!

- Julio, Anna, Jana, Haylee, Taylor, Danielle, Ryan