



## WHAT IS A PORCUPINE PARTY?

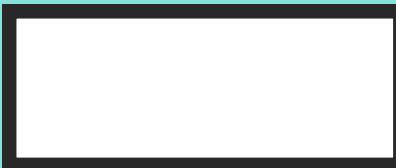
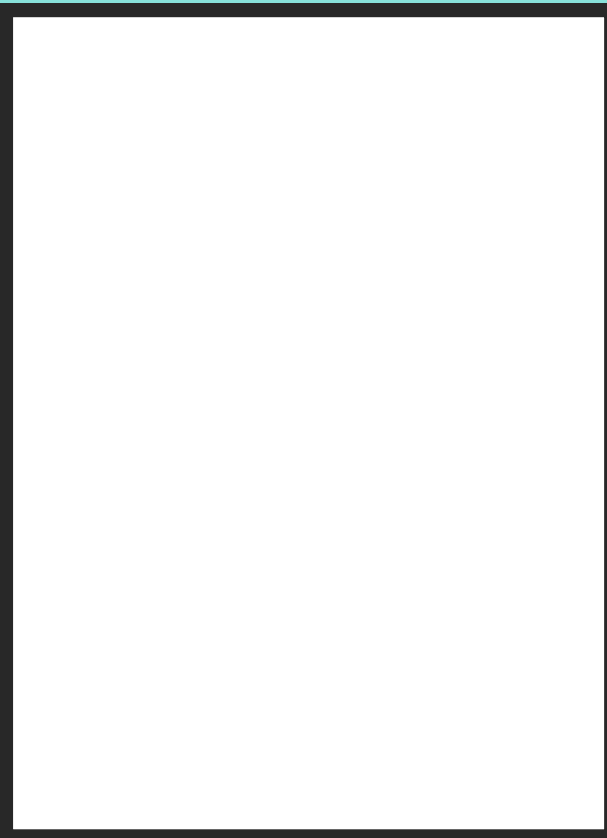
It's a time to poke fun at life with friends and to skewer a few snacks & treats. And a time for...needles? We're not talking about knitting.

## LET'S GET TO THE POINT

Dry needling is a thin needle inserted to help redirect inflammation and blood flow to promote healing and decrease nerve sensitivity. For more information and research on how needling helps take away some of our aches and pains without medication, scan the QR code to read some answers to FAQs.



## A NOTE FROM YOUR HOST



# YOU'RE INVITED!



## TO A PORCUPINE PARTY



Questions?  
[www.allytotalpt.com](http://www.allytotalpt.com)  
Phone: 419-969-3608





## GREAT FRIENDS STICK TOGETHER

While we enjoy some time together I have invited a specially trained physical therapist to our little soirée. The therapist will be available to answer your questions.

You are under no obligation to seek treatment.

If you desire treatment the therapist will be available to perform a brief evaluation and if appropriate, a dry needling treatment at an introductory fee. Treatments range from \$40-60.



## MEET YOUR THERAPIST

**Heather Swain PT, DPT, CIDN, CPT**

I am originally from Cleveland Ohio. I became certified as a personal trainer through the American College of Sports Medicine in 2012 while I attended Eastern Michigan University to obtain a B.S. in Exercise Science (2013). I then attended the University of Toledo, completing my Doctorate in Physical Therapy in 2016.

If curiosity is a disease, then I definitely have it. I love a challenge, so I set about taking continuing education courses to hone my clinical skills for treating complex patients in a variety of specialty areas. I am committed to being a lifelong learner and look forward to unravelling the complexities of the human body to understand it even more in the future.

I have personal experience living with chronic pain myself and enjoy the opportunity to give hope to others to live full lives despite the challenges they face from having chronic health issues.

Date \_\_\_\_\_

Time \_\_\_\_\_

Host \_\_\_\_\_

Place \_\_\_\_\_

\_\_\_\_\_



## DON'T BE A STICK IN THE MUD... COME TO MY PARTY!

Please R.S.V.P. to

\_\_\_\_\_

by: \_\_\_\_\_