



**In response to the coronavirus:**

We at TO THE CORE recognize this is a serious situation, but do not want to panic either. Many large events have now been postponed to reduce public gatherings – that’s the right response! However, pain issues and being too sedentary can actually increase your odds of getting sick, **so we will continue to help you in a more hygienic, 1-on-1 therapy setting.** We are still open and still taking patients while adding these extra cleaning and health protocols.

Listed below is what we are doing to address the concerns surrounding the coronavirus and to contain the spread of the virus. This way we will be able to provide and promote optimal health.

<b>WHAT WE ARE DOING AT TO THE CORE:</b>
1. Cancelling any workshops and/or events for the time being that Cindy and I planned to attend.
2. Scheduling 1-on-1 care with patients where hygiene is more controlled.
3. Wiping down all of our equipment before and after use.
4. Wiping down the entire machine.
5. Wearing gloves as wiping down equipment and tables.
6. Asking patients to reschedule their appointment if they feel unwell.
7. Antibacterial soap available for patients to wash hands as needed.
<b>8. OFFERING TELEREHAB</b>