

# Southland SNAPSHOT

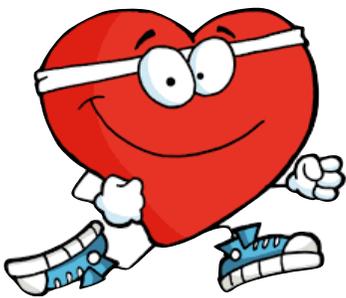


BROADENING the LIVES of CHILDREN through CARING and THERAPEUTIC SERVICES

PHONE #: 912-335-1650 - LOCATION: 1000 EISENHOWER DR. SAVANNAH, GA

We hope you had a fabulous holiday season and that your 2018 is off to a wonderful start! Southland is happy to kickoff the new year with lots of exciting new changes and of course, with the wonderful Southland team by our side!

# HAPPY NEW YEAR



## New Year, Stay Healthy Tips!

As we ring in the new year, many of us make resolutions for a healthier lifestyle. As lots of adults get active and make choices to get fit or eat better, now is also the time to make family resolutions and good choices with your kids for 2018.

- **BE ACTIVE:** Get outside, go for a walk or throw a dance party in the living room! Finding ways to be active as a family may be challenging but luckily kids love to be silly! Tap into your inner child and release those winter stresses by getting active with your kids.
- **STAY HEALTHY:** Those pesky germs are everywhere and the flu is lurking. Remind your family to wash their hands, keep hand sanitizer near, and teach your kids the “elbow sneeze” technique. No one likes to be sick, but stock up on those tissues just in case!
- **EAT WELL:** Choosing healthier food options is always a great idea. Have a conversation with your kids about foods that fuel our bodies! Cookies are yummy, but carrots can be too! See if your whole family can choose to replace a few snacks with a healthier choice. Your kids may have some creative ideas to help you all eat better in the new year.
- **DRINK WATER:** It seems really simple, but with all the other drink choices these days, can be easily forgotten. Drinking water “keeps our bodies at the appropriate temperature, conveys nutrients throughout the body in our blood stream, it is used to get rid of waste, and assists our bodies in several other important ways.” ([liceclinicsmedway.com](http://liceclinicsmedway.com)) Swap out one juice-box or cup of coffee a day for a glass of water and see how you feel!

**We hope you all stay very healthy in 2018!**

## We are excited to introduce our newest Southland baby...

On Friday, Dec. 22nd, 2017 Southland's Authorization Specialist Zandia had her sweet baby girl, Rylin Ezabella. She weighed in at 7 lbs 4 oz. and is absolutely perfect! Her big brother RJ is so sweet with her and both mom and baby are doing well. We are so thrilled that Zandia and her family had an amazing holiday blessing and wish them many congratulations on the birth of their beautiful daughter.

**Congratulations! Everyone at Southland misses you and hopes you are enjoying every sweet newborn snuggle. See you soon!**



## Tumble Tykes of Savannah @ Southland Therapy

During the months leading up to the holidays, Tumble Tykes of Savannah, an affiliate business at Southland Therapy Services, offered playdates for kids crawling - 5 years old. The class teaches beginner tumbling skills and incorporates theme related songs, dances and games! The playdates were a huge success and lots of fun!

**The Valentine/s Day playdate registration will open soon- stay tuned!**



## Southland is hiring!

Sadly we had to say goodbye to a few wonderful therapists in 2017 who retired or moved away. We wish them luck and happiness in their next endeavors and hope you will join us in wishing them well.

Starting immediately, we are looking to hire new therapists in both SC and GA. Do you know a wonderful SLP, OT or PT? Please recommend us and mention this wonderful opportunity to them. We will be happy to answer any questions!

Visit our Facebook page or our website to see the job description in detail. You may also email us at: [info@southlandtherapy.com](mailto:info@southlandtherapy.com)



[www.facebook.com/SouthlandPediatricTherapy](http://www.facebook.com/SouthlandPediatricTherapy)



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