MAGNOLIA
Physical Therapy

PRESORTED
STANDARD
U.S. POSTAGE
PAID
NEW ORLEANS, LA
PERMIT NO. 2250

4 locations

ELMWOOD
5606 Jefferson Highway
Harahan, LA
Phone (504) 733-0254

UPTOWN
2613 Napoleon Ave
New Orleans, LA
Phone (504) 733-0254

MARIGNY
2372 St. Claude Ave,
Suite 104
New Orleans, LA
Phone (504) 733-0254

WESTBANK
1530 Lapalco Blvd.
Harvey, LA
Phone (504) 733-0254

THIS MONTH AT
MAGNOLIA

MAGNOLIA
Physical Therapy

Freedom From Pain

Cajun Gumbo



Ingredients:
2 qts water
2 qts chicken broth
1 lg rotisserie chicken
1 1/2 lbs smoked sausage
1 lg yellow onion
1 lg green bell pepper
3 celery sticks
1 bundle green onion
2 bay leaves
2/3 jar roux
1 tbsp cajun seasoning
1/2 tsp salt
1/2 tsp garlic powder
1/2 tsp gumbo filet

Instructions:
1. Add water and broth to pot and bring to boil
2. Once boiling, add roux and stir
3. Sautee sausage, bell pepper, onion, garlic, and celery
4. Add sauteed ingredients + bay leaves and seasonings to pot and cook for 2-3 hours depending on desired thickness
5. Debone chicken + chop green onions. Set aside.
6. 20 minutes before complete, add chicken to pot
7. Garnish with green onion and serve over rice or potato salad.

THIS MONTH AT
MAGNOLIA

"We Exist So You Can Live Your Life"

Change your Pain with your Brain

Join us for a Virtual Workshop
hosted by our CEO and Co-Founder,
Beth Winkler

The workshop will explain the
brain's perception of pain in the body.

February 25 - 5:00-6:00 PM

Link to sign up:
https://sites.webpt.com/17032/pain-explained-virtual-workshop

BRAIN POWER!



Care to Share

Refer a friend or family member and receive a coupon for $10 off any wellness service!

MAGNOLIA
Physical Therapy

Care to Share



We are introducing our new program **"Care to Share".** Any patient who refers a friend or family member to MPT receives a coupon for **$10 off any wellness service!** (massage or wellness visit)

Success Story



"After months of having pain in my neck and shoulders, I got to the point where suffering was no longer an option. That final straw is what made me call Magnolia PT where my success story began. I may have been a pain in their neck, but the team really helped me to the point where I am pain free. Jess, Tamy, and Ron did outstanding tending to my needs. Sometimes I had to keep Tamy in line, and make Jess work extra hard, but the entire staff was great. Coming here was one of the best choices I've made, but only wish I had done it sooner. It really saddens me to be completed with my therapy plan, but I'm so glad to be feeling better. Magnolia Physical Therapy staff is like a big family, and they make sure to add you to their family!"

-Joey T.