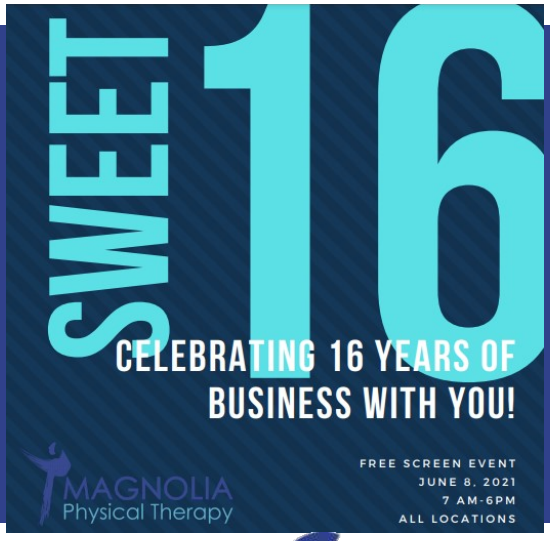


MAGNOLIA IS TURNING 16!

SIGN UP FOR OUR SWEET 16 EVENT

Magnolia PT is turning 16 and we want to celebrate with you! Join us on June 8th for a FREE wellness checkup with a Physical Therapist (normally $110). These checkups are limited and are available BY APPOINTMENT ONLY!

Visit the link below or call our clinic at (504) 733-0254 to schedule- you don't want to miss this opportunity!

https://sites.webpt.com/17032/mpt-sweet-16

Red, White & Blue Popsicles

- 1 12 oz Bag Frozen Blueberries, defrosted
- 6 tablespoons Agave, divided (you can also use honey)
- 1 cup Plain Yogurt
- 1/2 cup milk (you can use cow's milk, almond, rice or soy)
- 1 12 oz Bag Frozen Raspberries, defrosted



1. Place defrosted blueberries and 2 tablespoons agave or honey in a blender and puree until smooth.

2. Pour the blueberry puree 1/3 way up each popsicle mold and freeze for 30-45 minutes.

3. Combine the yogurt, milk, and 2 tablespoons of agave or honey in a bowl and whisk until smooth.

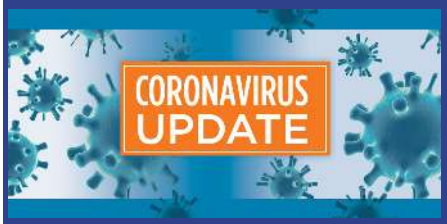
4. Pour yogurt mixture 2/3 way up the popsicle molds on top of the blueberry mixture, gently tap to even out the yogurt layer, and freeze for another 30-45 minutes.

5. Place defrosted raspberries and 2 tablespoons agave or honey in a blender and blend until smooth.

6. Finish the popsicles by pouring the raspberry puree over the yogurt, place sticks in and freeze 6 hours to overnight, until frozen through.

REMINDER: ALL CLINICS WILL BE CLOSED MAY 31 FOR MEMORIAL DAY!

UPDATED CDC GUIDELINES



MASKS ARE STILL REQUIRED IN ALL HEALTHCARE FACILITIES!

According to updated CDC guidelines, "Recommendations for the use of personal protective equipment by HCP remain unchanged." This means that all patients and staff are still required to wear masks while inside the clinic, even if fully vaccinated. For more information, please visit the link below:

https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-