

## New Year- New Information!

It is important for us to have up-to-date information on all our patients. Thank you to everyone who has filled out our updated 2019 intake paperwork with the front office. If you have not done so, we are asking each parent/guardian please fill out a copy and bring it with you to your next appointment. You may request this new paperwork from your therapist/Colleen at the front desk OR we have attached a copy for convenience that you can fill in and submit via email or on our website.

Also, if you have not already done so, please bring your most current insurance card to your next appointment so we can make a copy!

As a final "housekeeping" reminder, please alert your therapist/the front desk if your child's IEP has been renewed. Thank you!



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## Save the Date!



**What:** Matthew Reardon Center for Autism's 2019 Autism Conference

**When:** February 28, 2019 7 AM – 5 PM & March 1, 2019 7 AM - 5 PM

**Location:** Savannah Trade and Convention Center.

Coastal Pediatric Therapies is proud to sponsor

this year's "Sensory Room" at the annual Mathew Reardon Center Autism Conference. This is part of the continuing effort by the center to build our community's capacity for supporting individuals with autism in education, work, and life.

Additionally, we are sponsoring one of the guest speakers on Thursday's schedule. Mrs. Anne Hardy will be addressing a topic "I Don't Like It vs I Can't Do It: Feeding Issues in Children with Autism." This year's conference is sure to be a wonderful event! For more information on tickets and other conference details, visit:

<https://2019autismconference.com/>

## February is American Heart Month!

Of course, we think of Valentine's Day, love, and hearts when we think about February, but did you know it is also American heart month!

**Did you know?** Heart disease is the leading cause of death for both men and women, but you can make healthy changes to lower your risk of developing heart disease. Also, controlling and preventing risk factors is important for people who already have heart disease. To lower your risk:

- Watch your weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Get active and eat healthy



A child should be seen by a doctor if she/he has:

- Family history of unexpected, unexplained sudden death in a young person.
- Fainting or seizure during or immediately after exercise, emotional excitement, or startle.
- Consistent or unusual chest pain and/or shortness of breath during exercise

Thank you for choosing Coastal Pediatric Therapies!

Check out our Facebook page for more events!

[Coastal Pediatric Therapies Facebook](#)

## Help Spread the Word!

Over the years, many of you have referred family and friends to Coastal Pediatric Therapies - THANK YOU! We appreciate your support and the trust you place in us to work with your children. Would you mind taking a moment to share your experience by leaving a review on either (or both) of the sites mentioned below?

[Facebook](#)

[Google](#)