



“Community Matters”

By Lamprey Health Care

A speaker series bringing relevant topics to the forefront



GET UP AND GLOW!

The connection of movement to mental health

Presented by: Sarah Slocum, MD

Special Guest: Ryan Poplaski, DPT, owner of Bodywise Physical Therapy

Discover the powerful biological mechanisms that link physical activity to mental well-being and explore how this connection drives exponential improvements in overall human health and welfare. This seminar dives into the science behind movement and mood, revealing why exercise is not just good for the body, but transformative for the mind and society.

 **Tuesday, November 4th 2025 Newmarket Office (207 S. Main Street)**

 **Tuesday, December 2nd 2025 Raymond Office (128 Route 27)**

 **Refreshments: 4:30pm**

 **Presentation & Workshop: 5:00pm - 6:00pm**

 **RSVP Tlavoie@LampreyHealth.org - two dates/locations to choose from.**

**Earn
CEU's!**

Small groups discussion & Workshop Highlights

- Brainstorming easy-access physical activity
- Discussing limitations to getting exercise and strategies to increase movement
- Modifying activities
- Group Chair exercises