

PROMOTIONAL FEATURE

Taylor Therapy Center provides a variety of services

NEWINGTON

By **CATHERINE SHEN**
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Look no further than Taylor Therapy Center for various physical therapy, psychotherapy, massage therapy and medically supervised gym sessions if those are services that you need.

Established in 1983, the center was created by a group of professionals committed to helping people more effectively manage life changes. By joining together in a multidisciplinary group practice, the center is able to provide a unique therapeutic setting in which they can use their skills and different backgrounds to

promote physical, emotional, and spiritual wellbeing.

Depending on individual needs, clients may elect to participate in one or more of the services they offer.

“While we offer service to individuals in each of our areas of specialty, we also provide individual and group programs that integrate services in such areas as coping better with stress, fitness for the weekend athlete, back care, and touch as contact and support,” according to the center. “Combined services also are available for special individuals who suffer from chronic disease and debilitating problems. Family members and/or friends are encouraged to be

part of the therapeutic process for people with especially debilitating conditions or terminal disorders.”

The center emphasizes that collaboration is critical to accomplish its primary goal of providing quality healthcare in the most effective and individualized manner possible. “The idea of client-therapist collaboration is essential to our work. We stress the active participation and involvement of individuals and families in planning and managing their health care programs,” according to the center.

On top of its usual services, Joan-Alice Taylor, physical therapist, psychotherapist, and owner of the center, wants to reassure current and future clients that they recognize the COVID-19 pandemic has created a very challenging situation and raised uncertainties.

As the center learns more about COVID-19, Taylor assures its clients that they are prepared and continue to take important steps to maintain the health and safety of everyone at the center.

Extra precautions are taken to increase the facility’s cleanliness, including providing hand



Submitted by Taylor Therapy Center

Physical therapy is among the services provided.



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Taylor Therapy Center is at 9 Elmwood Court in Newington.

sanitizers for patient use as well as soap and water. The center’s cleaning and sanitizing frequencies have been also been drastically increased, in addition to the usual frequent hand washing before, after, and something even during treatment.

Taylor said that exercise is one of the best things people can do to keep their immune systems healthy and strong, along with proper diet and sufficient sleep.

For questions and more information, call 860-953-1204 or visit: www.taylortherapy.com

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