

September 29, 2022



La Rueda

SERVICE ABOVE SELF
THE ROTARY CLUB OF MONTEREY, RI DISTRICT 5230
www.montereyrotary.org



Nathan Kadlecek How To Recover From A Musculoskeletal Pain Or Injury

Fellow Rotarian Nathan is a Doctor of Physical Therapy, powerlifter, runner, back pain expert, movement optimist, and a health resiliency evangelist.

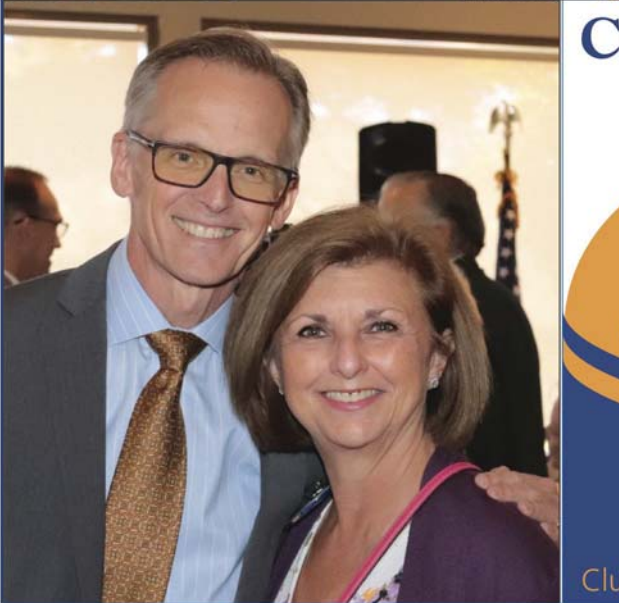
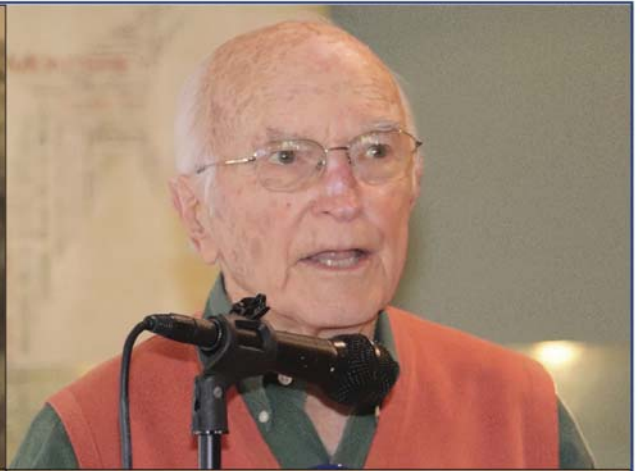
He has helped 100's of people over the last three years overcome their pain and get back to their sports and active lifestyle and is the founder of Kadalyst Wellness and Physical Therapy in Monterey, CA, a health, wellness, and physical therapy company.

He's on a mission to fix America's broken healthcare system by educating people about pain, self-efficacy, self-determination, and how to get strong.

kadalyst

WELLNESS AND PHYSICAL THERAPY





CLUB EVENTS

Thursday, October 20
Board Meeting
10:30 AM
Hilton Garden Inn

Tuesday, October 25
COG Meeting
5:30 PM
Hilton Garden Inn

Rotary
Club of Monterey





OCTOBER – NOVEMBER 2022

Thursday – 10/06 Dave Stoldt – Water On The Monterey Peninsula

Thursday – 10/13 Carla Bitter – Pacific Grove Museum Of Natural History

Thursday – 10/20 Board Meeting – 10:30 AM – Hilton Garden Inn

Thursday – 10/20 Gunner Sepp – Special Ops And Operators 101

Tuesday – 10/25 COG Meeting – 5:30 PM – Hilton Garden Inn

Thursday – 10/27 Denis Horn – Vietnam War; The Whys And Wherefores

Thursday – 11/03 Joe Grebmeier – Rotary International Foundation

Thursday – 11/10 Adam Hughes – Australia

Thursday – 11/17 Jim Newman – TBD – Space Systems

Thursday – 11/24 NO MEETING – HAPPY THANKSGIVING

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**Happy
Birthday
to You**

Ron Coulter - October 2
Hanso Reed - October 2
Gregg Wutke - October 3
Walt Prowell - October 6
Marco Lucido - October 6

