



TIME FOR HOLIDAY FUN!

Reminder to drop your letters to Santa at the North Pole Mailbox located in the pool parking lot! If you would like Santa to respond, please make sure to include an envelope with your return address and postage included!





Merry
Christmas



Join us at the Chalk Hill
Pool Parking Lot for
Coffee & Cocoa
with
SANTA

SPREAD THE JOY OF THE HOLIDAYS !

SATURDAY, DECEMBER 6th

9:00AM-11:00AM

Coffee, Cocoa and Sweets



Bring your cameras, kiddos and / or pets
and join us for treats and photo opps with
Santa!

~Limited Complimentary~
First Come - First Serve



If you are a Chalk Hill resident and have a business or side hustle that you would like mentioned, please let me know!

liberty@essexhoa.com

"Got Pain? Need to Stretch More? Tight Muscles?"

V Six Athletic Training offers One on One sessions for the athlete in everyone

Vander Castillo

Text (424)999-5749

Home office or Home Visits available"

ONE ON ONE FLEX N STRETCH RECOVERY

V Six Athletic Training offers the best one on one care tailored to your musculoskeletal needs. We are here for the athlete in everybody. Let's get you the right recipe for success!

- DESK NECK PAIN
- ANKLE SPRAINS
- LOW BACK SORENESS
- SHOULDER TIGHTNESS
- AND MORE!

(424)999-5749

V SIX ATHLETIC TRAINING ONE ON ONE SERVICES

HISTORY & TAPING
INJURY/PAIN EVALUATION
 Possible muscle related injury? Contusion? Our Certified Athletic Trainer will evaluate your discomfort with orthopedic special tests.
KINESIOLOGY TAPING
 Our Certified Athletic Trainer will use kinesiology tape to secure and provide support for your knee, back, shoulder or foot.
MCCONNELL TAPING
 Got pain in your knees? Do you have Patellofemoral Pain Syndrome? Our Athletic Trainer will use proper tape to align your knee cap.

MUSCLE TIGHTNESS
GET STRETCHED OUT
 Feel cramping after our Certified Athletic Trainer uses PNF techniques for your upper or lower body to feel loose and flexible for your next match.
ACTIVE RELEASE TECHNIQUE
 Our Certified Athletic Trainer will use effective and aggressive manual skills for those deep muscle knots in your area.
IASTM (INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION)
 Using stainless steel tools to breakdown scar tissue and fascial restrictions in soft tissue to regain mobility and range of motion.
CUPPING
 Negative pressure of special cups allows for increased blood flow and increases mobility in muscle tissue.
THERAGUN PERCUSSION DEVICE
 Powerful 4 speed vibration function for reduced muscle tightness relief and provide necessary after a long day for large muscle areas.
JOINT MOBILIZATION & FLOSSING
 A passive manual technique using straps to loosen up joint space and flossing into an elastic compression wrap that is tightly wrapped across movements.
CORRECTIVE STRETCHES
 After a thorough assessment corrective stretches will be given to targeted areas.

RECOVERY
NORMATEC RECOVERY BOOTS
 Sit back and relax and elevate your legs after a long tournament match. Allow your legs to recover with compression using our Normatec device.
GAME READY COLD COMPRESSION
 Get soaked up to our Game Ready like the Pros for your shoulders, knees or ankles to allow for proper deep tissue icing and compression.
HYPERICE LOW BACK HEAT/VIBRATION
 Using Hyperice's latest invention of the Waveform 2, enjoy 3 levels of heat and vibration to loosen up your lower back tightness.
TWITCH RECOVERY DEVICE
 A neuromuscular electro-stimulator device (NMES) to stimulate the body's natural recovery systems by increasing blood flow.
COMPLEX T.E.N.S UNIT
 Our latest technology unit for a game changer to aid your performance and recovery. Feel the power of T.E.N.S.
MARC PRO PLUS
 Marc Pro is the only recovery tool that activates every stage of the recovery process without fullying muscles for true physiological improvement!

V SIX ATHLETIC TRAINING



IT'S THE HOLIDAYS AND THE PERFECT TIME FOR HOMEMADE BREAD!!!

Robust and freshly baked banana and pumpkin bread's for sale.

Perfect for gifts or for the kid's lunch!

Theresa Johnston at Bananarama Bread Co.

781-354-2636

\$13/loaf

Free delivery to fellow neighbors

Banana and pumpkin bread



***PLEASE NOTE - Business listings are provided as a courtesy by Chalk Hill HOA and are for informational purposes only. Inclusion of any resident's business does not constitute an endorsement, recommendation, or guarantee by the**



HOA, its board members, or management. The HOA assumes no responsibility or liability for the services, products, or conduct of any listed business. Residents are encouraged to perform their own due diligence before engaging with any business. All transactions are strictly between the resident and the business provider.