



**FOR IMMEDIATE RELEASE:**

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**MARKETING CONTACT:**

Keri Cunningham, Marketing Director

[KeriCunningham@pyramidmg.com](mailto:KeriCunningham@pyramidmg.com)

845-348-1005, ext. 110

**ACTIVE PHYSICAL THERAPY AND WELLNESS CENTER  
IS NOW OPEN AT PALISADES CENTER**

**WEST NYACK, N.Y. (May 2022):** Active Physical Therapy and Wellness Center is now open at Palisades Center, located on level three next to Burlington.

Active Physical Therapy and Wellness Center offers the area's residents access to top clinical care for all physical, occupational, and speech-language pathology needs. In addition, the clinic provides lifestyle and nutritional guidance as part of their cardiac, cancer, and diabetes rehabilitation programs, each headed by specialists in their respective fields.

A portion of the clinic is dedicated to Active Senior Day Care, ensuring seniors have access to vital community-based recreation, socialization, and nutritious congregate meals. Active Physical Therapy works closely with the Rockland County Office of the Aging to bring the most holistic senior-centric services to their members.

Active Physical Therapy also offers Rockland County's first public fitness gym, Active Connections, for people of all abilities. The fitness gym was made possible with a generous gift of Universal Design Exercise Equipment from BRIDGES – Independent Living Center (ILC). It is staffed entirely by New York State licensed clinicians who evaluate and design exercise programs tailored to each person's unique needs.

"The Active family of businesses stands ready to take Rockland County residents across the lifespan to a new level of care and quality of life," said **Asher Collins, Director of Operations/External Affairs for Active Physical Therapy and Wellness Center.**

"We are thrilled that Active Physical Therapy and Wellness Center chose Palisades Center as their new home," said **Darrin Houseman, General Manager of Palisades Center.** "We are always looking at ways to incorporate new and innovative uses into the property, and this clinic is a perfect example. We look forward to working with Richard, Asher, and their team as they serve our guests in their journey for better health."

"We welcome Active Physical Therapy and Wellness Center to Palisades Center and the Town of Clarkstown," said **George Hoehmann, Clarkstown Town Supervisor.** "This is another important health care service offered at Palisades Center, and we encourage residents to explore what they have to offer."

Join us on Friday, May 13 at 11:00 AM for the grand opening and ribbon-cutting ceremony.

To learn more about Active Physical Therapy and Wellness Center, visit [www.activeptandwellness.com](http://www.activeptandwellness.com). To learn more about Palisades Center, visit [www.PalisadesCenter.com](http://www.PalisadesCenter.com).

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#### **About Palisades Center**

Palisades Center is a four-level shopping center offering 225 brands, 16 sit-down restaurants, a bowling alley, ice rink, the world's tallest indoor ropes course, comedy club, and more. With its unique and diverse merchant mix, Palisades Center is the go-to place for local shoppers and tourists alike. To learn more, visit [www.palisadescenter.com](http://www.palisadescenter.com), [www.facebook.com/palisadescenter](https://www.facebook.com/palisadescenter), [www.twitter.com/palisadescntr](https://www.twitter.com/palisadescntr), or [www.instagram.com/palisadescntr](https://www.instagram.com/palisadescntr).

#### **About Pyramid Management Group, LLC**

Pyramid Management Group, owner of Palisades Center, is one of the largest, most innovative, privately-held real estate developers in the northeast. Headquartered in Syracuse, New York, Pyramid's portfolio of dynamic shopping, dining and entertainment destinations and expanding hospitality presence dominate the northeast with 16 properties located throughout New York and Massachusetts. For nearly 50 years, Pyramid has built its reputation on being first, fast, ahead of the curve and always what's next, leading the industry in combining the best elements of traditional retail with world-class dining and entertainment, all under one roof. For more information, visit [www.pyramidmg.com](http://www.pyramidmg.com).