

Dear Parents and Athletes,

Welcome to our **H2 Health Family!** H2 Health Physical therapy, Formerly Heartland Rehabilitation Services, has served the community for over 30 years. Our number one goal is to improve the health of our patients, athletes, and to support our local communities.

We will be providing Baker County High School with a Head Athletic Trainer through our Sports Medicine program! We provide our athletes, and their families, access to a comprehensive medical team to assure that risk factors for injury are identified and we maximize our injury prevention efforts. From injury prevention to injury rehabilitation, we will provide exceptional care and clinicians you can always count on. Our philosophy is to treat you as a whole person, not just an injury.

“Therapy for Today, Wellness for Life!”

As your Athletic Trainer, Lacey Bracken looks to collaborate with you all to keep your athletes safely participating in their desired sports. Lacey is here as a resource to best serve Baker County High School. Please let her know if she can help you all with any questions concerning prevention of injury, athletic injury, rehabilitation, medical conditions, etc.

Lacey has worked as a Certified Athletic Trainer in a variety of settings. Lacey is from a small town, Monticello, Georgia just north of Macon, and grew up with four siblings. Most of her previous experience has been as a Head Athletic Trainer at a High School in Duval County. Additionally, she has worked with the Jacksonville University Dance Department from 2017-2019. Lacey spends her time with her family, enjoying the outdoors, and is currently working on her Doctorate in Athletic Training studies. Lacey looks forward to working with you all this upcoming school year.

“Dare to Make a Difference!”

Here are a few ways H2 Health can help you:

- ♥ We have **24** convenient locations in Northeast and Northcentral Florida.
- ♥ **Direct Access:** Patients can be evaluated and treated by a Physical Therapist without being referred by a doctor or other healthcare providers for 30 days.
- ♥ **Complimentary Injury Assessments** at any of our clinics.

H2 Health has many convenient off-site locations within miles of BCHS; the closest are:

- ♥ **Macclenny:** located in front of Wal-Mart, next to Starbucks: **4.1 miles**
- ♥ **Westside:** located at 8087 Normandy Blvd., Jacksonville, FL: **26 miles**
- ♥ **Riverside:** located at 484 Riverside Avenue, Jacksonville, FL: **30 miles**



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Thank you and Welcome to our H2 Health Family!