**Notice of Nondiscrimination and Accessibility Rights**

**Discrimination is Against the Law**

**Cascade Physical Therapy & Sports Clinic** complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **Cascade Physical Therapy & Sports Clinic** does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

**Cascade Physical Therapy & Sports Clinic:**

Will work with all people, to the best of our ability, and provide physical therapy services without discrimination. If we are unable to provide the services you need, we will assist to help you find a location that has the capacity to provide you with the services you need. This includes specialized physical therapy equipment, techniques, or communication services.

Please contact our office to inquire about particular services you may need: **360 856 4216**.

If you believe that **Cascade Physical Therapy & Sports Clinic** has failed to reasonably assist you, or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

**Cascade Physical Therapy & Sports Clinic**  
**210 Ferry Street  
Sedro Woolley, WA 98284**

**Phone: 360 856 4216**   
**Fax: 360 856 4217**

**e-mail:** [**cascadeptsc@comcast.net**](mailto:cascadeptsc@comcast.net)

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our Patient Advocacy Department is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201

1-800-368-1019 or 800-537-7697 (TDD)

Complaint forms are available at: <http://www.hhs.gov/ocr/office/file/index.html>.

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **360 856 4216**.

**Chinese:** 注意：如果您使用繁體中文, 您可以免費獲得語言援助服務. 請致電**360 856 4216**.

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **360 856 4216**.

**Tagalog:** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **360 856 4216**.

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다**360 856 4216** 번으로 전화해 주십시오.

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **360 856 4216**.

**Armenian:**ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցության ծառայություններ: Զանգահարեք **360 856 4216** ՝

**Arabic:**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **360 856 4216**  
 :رقم هاتف الصم والبكم

**Persian (Farsi):**

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با  
.تماس بگیرید **360 856 4216**

**Japanese:** 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます**360 856 4216**まで、お電話にてご連絡ください.

**Punjabi:**ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। **360 856 4216** ‘ਤੇ ਕਾਲ ਕਰੋ।

**Mon-Khmer, Cambodian:** ប្រយ័ត្ន៖ បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតឈ្នួល គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ **360 856 4216** ។

**Hindi:**ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। **360 856 4216** पर कॉल करें।

**Hmong:** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau **360 856 4216**.

**Thai:** เรียน: ถ้าคณพดภาษาไทยคณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร **360 856 4216**

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **360 856 4216**.

**Urdu:**

**360 856 4216** خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں ۔ کال کریں .

**Ukrainian:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером **360 856 4216**.

**French:** ATTENTION: Si vous parlez français, des services d’aide linguistique vous sont proposés gratuitement. Appelez le **360 856 4216**.

**Laotian:** ໂປດຊາບ: ຖ້ າວ່ າ ທ່ ານເວ້ າພາສາ ລາວ, ການບິລການຊ່ ວຍເຫຼ ອດ້ ານພາສາ, ໂດຍ່ບເສັ ຽຄ່ າ, ແມ່ ນມພ້ ອມໃຫ້ ທ່ ານ. ໂທຣ **360 856 4216**.

**Gujarati:** સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો **360 856 4216**.

**Cushite (Oromo):** XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa **360 856 4216**.

**Amharic:** ማስታወሻ: የሚናገሩት ቋንቋ ኣማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግዝዎት ተዘጋጀተዋል፡ ወደ ሚከተለው ቁጥር ይደውሉ **360 856 4216**.

**Romanian:** ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la **360 856 4216**.

**Samoan:** MO LOU SILAFIA: Afai e te tautala Gagana fa\’a Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se totogi, mo oe, Telefoni mai: **360 856 4216**

**Ilocano:** Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti **360 856 4216**.

**Italian:** ATTENZIONE: In caso la lingua parlata sia l’italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **360 856 4216**.

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **360 856 4216**.

**Norwegian:** MERK: Hvis du snakker norsk, er gratis språkassistansetjenester tilgjengelige for deg. Ring **360 856 4216**.

**Pennsylvanian (Dutch):** Schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call **360 856 4216**.