



August Newsletter



Run Local Run Club---2 weeks left!

Come out for the last 2 weeks of run club and join us for a great walk or run. Run club is Monday evenings at 6pm. Check in to RUN LOCAL Run Club's social media sites for information including: Nutrition Tips, Injury Prevention, Strengthening, Local Business happenings, upcoming routes, and more!

Lago Vista Balance Presentation

Jen and Katie will be at Lago Vista on September 17th 11:30-12:30 to talk about balance and dizziness.

Dr. Liu Presentation

Dr. Ingrid Liu will be doing a free presentation at the Westmont clinic on September 27th at 7pm. She will discuss the health effects of sitting and changes to the body associated with sitting too long. Amy will then discuss proper sitting posture and body mechanics when using your electronic device and give exercises to perform while sitting at work.

CPR and AED certification

TheraCORE is now offering CPR AED certification. This is a 2-part blended learning course through the American Heart Association. Please call Rachael at 630-590-5409 for information or to register! **Upcoming Skills test dates:** September 6th at Westmont 6pm

Massage Pricing

- 1-30 Minute Massage \$45
- 1-45 Minute Massage \$65
- 1-60 Minute Massage \$85
- 1-90 Minute Massage \$110

Package Pricing

- 4-30 Minute Massage \$160
- 4-45 Minute Massage \$235
- 4-60 Minute Massage \$305
(10% savings)

Patients get 40% off their first massage!



DME Item of the Month:

Lacrosse Ball

This portable ball is a great massage tool for tired and achy muscles.

\$3.50
(reg \$4.50)

NEWS

Birthdays

Amy Goebbert, DPT

August 10th

Anniversaries
Cathy Malooly, MPT and the Burr Ridge clinic is celebrating 2 years!

@theracorept

