



February Newsletter

Sign up today!



TheraCORE Indoor Triathlon

Pool swim 10 min
Spin Bike 20 min
Treadmill Walk/Run 15 min

Where: Five Seasons Family Sports Club

When: Sunday, February 12th, 2017

Visit our Facebook page: TheraCORE Indoor Triathlon or <https://theracoreindoortri.eventbrite.com> to register!



Interested in getting involved?

1. Sign-up to participate!
2. Donate \$5.00 or more and we'll hang Ronald's shoe on our wall with your name on it

Thank you to our sponsors for this year's Indoor Tri!

- Marquette bank
- Flip Star Gymnastics
- Hubeny and Zaba, LLC
- MFC Sports performance
- Murphy Sign Studio
- Automated Forms and Graphics
- State Farm Insurance
- EMSI
- Hamel Dentistry
- College Students Landscaping
- Ridge Funeral Home
- Nourished Table and Home
- Advanced Rehab Systems



Valentine's Massage Specials

3-30min massages: \$95

3-45 min massages: \$150

3-60 min massages: \$190

NEWS

Anniversaries:

Westmont clinic is celebrating 4 years on Feb 4th!

Check out this month's blog on our social media pages and stay up to date on our daily happenings, scheduled events and get some healthy living tips along the way

@theracorept



Reminder! Please give us an updated copy of your insurance card for 2017!