



January Newsletter



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

All proceeds will be benefiting the Ronald McDonald House. Visit our Facebook page:

TheraCORE Indoor Triathlon or

<https://theracoreindoortri.eventbrite.com> to register!



TheraCORE will be at the Healthy Living Expo on January 14th from 9-1 at the Tinley Park Convention Center

Stop by our booth and enter our raffle for a one-month membership to our fitness center

Free Admission!

NEWS

Birthdays

Heather Finnegan,
DPT 1/18

Brad Goebbert, CFO
1/31

TheraCORE is on social media! Follow us to stay up to date on our daily happenings, scheduled events and get some healthy living tips along the way



TheraCORE Physical Therapy



@theracorephysicaltherapy



@theracorept



Interested in getting involved?

- 1. Inquire about our 3 sponsorship levels*
- 2. Sign-up to participate!*
- 3. Donate \$5.00 or more and we'll hang Ronald's shoe on our wall with your name on it*

TheraCORE is hosting a **Nutrition Challenge!**

Provided by registered dietician, Casey Harms, RD, LDN

January 12th-March 2nd

Thursdays 7-8pm

Cost: \$150

350 E. Ogden Ave., Ste. 200

Westmont, IL 60559



**Happy
New Year!**

Call 630-908-7430 to sign-up!