



July Newsletter

Run Local Run Club

TheraCORE Physical Therapy is hosting a 6 week, adult running/walking series, on Monday evenings at 6 PM, beginning **July 10th**. Our goal is to get local walkers and runners together for a 4 to 6 mile run/walk, and end each route at a local business. The weekly *Business Sponsor* will offer all RUN LOCAL members a special sample or discount on the evening of the run.

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! **MEMBERSHIP is FREE!!** Just come hungry to run (or walk)!

Our first meeting is July 10th @ 6:00 PM

Our **Business Sponsor(s)** for Week1 are: **Coldwell Banker & Hart for Wine.**



We will begin and end at:

*Coldwell Banker
1165 E. 9th Street
Lockport, IL 60441*

Members will enjoy appetizers and a wine tasting* compliments of Coldwell Banker and Hart for Wine after our run/walk.

(Wine tasting is only available for our members who are 21 or older)

TheraCORE is now offering CPR AED certification. This is a 2-part blended learning course. Please call Rachael at 630-590-5409 for information or to register!

Skills test dates:

September 6th at Westmont
December 13th at Burr Ridge



DME Item of the Month:

Kinesio Tape

The Kinesio Taping Method is designed to facilitate the body's natural healing process while allowing support and stability to muscles and joints without restricting the body's range of motion

\$13.50 per roll
(reg \$17)



NEWS

**TheraCORE
hopes
everyone has a
safe and
enjoyable
Independence
Day!**

@theracorept

