



June Newsletter

DME Item of the Month:

Biofreeze

Roll on or Tube
\$8 each (reg \$10)

Biofreeze is a topical pain relief gel used to help sore muscles and joints, back pain and arthritis. Perfect for the weekend warriors or anyone with aches and pains.



COMING SOON

Run Local Run Club

Starting Monday, July 10th through August 14th, TheraCORE will be hosting a running club at 6pm. All ages and abilities welcome, including walkers. The run will consist of a 4-6 mile run/walk through Lockport. Hang out after the run for complimentary product samples or workouts from businesses throughout the community. Whether you are new to running, or looking for strategies to improve your running, TheraCORE's Run Local will provide a friendly running environment and new running connections. Runs will be hosted by Heather Finnegan, DPT, who has a background in marathon and half marathon running. Follow us on social media for further details!

Upcoming events

Jen and Heather will be at the Ronald McDonald House Charities Run for Hope in Oak Lawn on Sunday June 4th.

Rachael will be at the WBBR Chamber Business Expo on June 7th 1-4pm at Ashton place. Stop by our booth to be entered into our raffle!

On June 22nd we will be at the RMHC Kicks for the House soccer tournament in Oakbrook. Visit <http://rmhccni.org/soccermatch/> to register!

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:

June 5th at Lockport
September 6th at Westmont
December 13th at Burr Ridge



NEWS

Birthdays:

Cathy Malooly, MPT
6/12
Burr Ridge

Anniversaries:

Jenn Hoekstra, Lockport office manager, is celebrating her 9-year anniversary on 6/2!

@theracorept



Happy Anniversary to TheraCORE!

9 years ago Amy and Jen started TheraCORE with one goal in mind: to have experienced physical therapists deliver personalized care to their patients. Thank you for being a part of the TheraCORE community and all your support!