



March Newsletter

DME Item of the Month:

Black Foam Roller \$22

Regular price \$27

The foam roller is great for all people who have tight muscles or need to do soft tissue mobilization. Look at our social media accounts for tips this month on how to use the foam roller and comment if you have any questions!

Stop by any clinic to purchase at this great price!



TheraCORE in the Community:

Young Life Run-Swim-Spin-a-thon
March 4th from 7-12 at the Five
Seasons

Westmont Golf Course opening Day:
March 10th

NEWS

Birthdays:

Jeff D'Adam 3/9
Westmont Aide

Casey Harms 3/29
Dietician

Anniversaries:

Kerri Ames ,
massage therapist
at Lockport, is
celebrating 6 years
at TheraCORE!

@theracorept



Check out TheraCORE's Blog page at:
www.blogspot.theracorephysicaltherapy.com