



November Newsletter

Food Pantry

Lockport is collecting food for the Lockport Food Pantry starting November 6th and going until the end of the month. Please bring a food item to donate to those in need!



How to Tri Seminar

Dr. Hunnius from the SMaRT institute and Katie Green, DPT will be presenting a *How to Tri* seminar at Burr Ridge in early December. Stop by to hear how to train and prepare for our upcoming indoor triathlon!



Speaking of...

Save the Date!

Indoor tri date is set for February 11th. Sign up today and check out our Facebook page for training tips, *How to Tri* seminar information and motivation

E-newsletter is launching

We are launching our e-newsletter next month. Check your inbox or sign up to receive our newsletter on our website: www.theracorept.com

CPR and AED certification

This is a 2-part blended learning course through the American Heart Association. Please call Rachael at 630-590-5409 for information or to register!

Upcoming Skills test dates:

December 14th at Burr Ridge 6-7pm



SOLE orthotics \$32

NEWS

Birthdays

Beth Laskowski, LMT 11/11 Westmont

Chad Novak, Yoga Inst. 11/13 Lockport

Katie Green, DPT 11/22 Burr Ridge

Kyle Kibler, DPT 11/29 Westmont

Anniversaries

Ryan Schaul is celebrating 5 years on 11/26

@theracorept



DME Item of the Month:

Sole Orthotics

This pair of moldable orthotics provide equalized pressure distribution, reduce plantar fascia strains, enhance alignment and improve natural heel cushioning.

\$32

(Regular \$40)