



September Newsletter



Dr. Liu Presentation

Dr. Ingrid Liu will be doing a free presentation at the Westmont clinic on September 27th at 7pm. She will discuss the health effects of sitting and changes to the body associated with sitting too long. Amy will then discuss proper sitting posture and body mechanics when using your electronic device and give exercises to perform while sitting at work. Call 630-908-7430 to RSVP today!



CPR and AED certification

TheraCORE offers CPR 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: September 6th at Westmont 5:30pm
and December 13th at Burr Ridge 6pm

TheraCORE in the Community

Kerri Ames, LMT will be attending the Jim Gorman Memorial Golf Outing in Lemont on September 23rd and will be doing chair massages.

Amy Goebbert, DPT, Beth Laskowski, LMT and Amylynn Kucera will be at the FTD Downers Grove Health Expo on 9/20/2017 from 11-1

Massage Pricing

1-30 Minute Massage \$45
1-45 Minute Massage \$65
1-60 Minute Massage \$85
1-90 Minute Massage \$110

Package Pricing (10% savings)

4-30 Minute Massage \$160
4-45 Minute Massage \$235
4-60 Minute Massage \$305



DME Item of the Month:

Yoga Mat
\$28
(reg \$35)

TheraCORE welcomes Natalie Hoehn, LMT to provide additional massage services at our Westmont and Lockport clinics.

Don't forget that Patients get 40% off their first massage!

NEWS

Birthdays

Ryan Shaul,
MPT 9/3
Lockport

Kerri Ames,
LMT 9/25
Lockport

Amylynn
Kucera 9/26
Westmont
Office Manager

@theracorept



Buy a yoga mat this month and come to a yoga class for FREE at our Lockport Clinic! Happy National Yoga Month!