

Hopedale Wellness Center

Pathways to Wellness



A MESSAGE FROM GREG

My name is Greg Eberle. It has been a pleasure serving the Wellness Center as manager for 3 ½ years. On behalf of Hopedale Medical Complex and the Hopedale Wellness Center, we thank you for your patronage.

The Wellness Center is a part of the Hopedale Medical Complex and was established by Dr. Lawerance Rossi, Sr. in 2001. Dr. Rossi's vision was to have a Wellness Center that provided services to our rural communities to help people with their health and wellness needs. Today, that vision is stronger than ever and continues to grow.

Our facility is 32,000 square feet with a fitness floor, gymnasium, pools, massage suites and a physical therapy department. Our goal as the Wellness Center Staff is to serve each of you by providing a clean, safe, courteous, and customer friendly environment. We look forward to seeing each of you and look forward to meeting new members in the future.

All the Best to You,
Greg Eberle, ATC, LAT, CES
Hopedale Wellness Center Manager

Add it to the Calendar

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/AED CERTIFICATION CLASS

Monday, May 13 | 5 - 8 PM

Call 309-449-4500 to sign up for this class held at HMC!



Questions?

Call 309-449-4533

Email: geberle@hopedalemc.com

8TH ANNUAL- 4TH OF JULY RACE

Thursday, July 4 | 7:30 AM

>>> SPONSORSHIP OPPORTUNITIES

- 4 sponsorship levels available from \$250 - \$1,200.
- 60% of sponsorship gift goes to the Hopedale Area Veterans Memorial and 40% will assist in covering operations costs of the event
- Donations of supplies as a gift in kind can be communicated to geberle@hopedalemc.com
- Sponsorship Deadline: June 14, 2024

Scan to Support



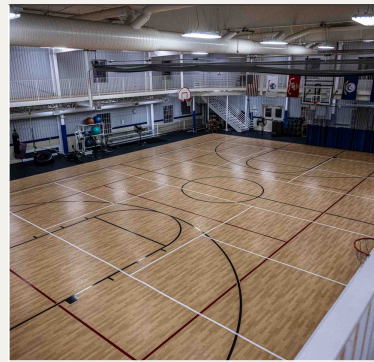


Paulina Slama

HWC's Newest Massage Therapist

- 8 Years of massage therapy experience with over 10 modalities under her belt!
- Worked with athletes in the UFC, NHL and USA Weightlifting.

Visit www.hopedalewc.com/services/massage-therapy



Facility Rentals

Book HWC for your next party or activity

- Available to community members, schools, and local groups/organizations for nearly any type of event.
- Rent the pool, multi-purpose room, and/or gym

Rates available at: www.hopedalewc.com/facility-rental



KICKSTART WMP

»»» May 6-31

- Health and Wellness Assessment Consultation with Registered Dietitian and Exercise Specialist
- Weekly follow-up to discuss fitness and nutrition progress
- Unlimited usage pass to HWC's gym and pool.

If you missed our first session of Tumbling being instructed by Rebekah Kilpatrick, there is still time to sign up for the second session in May.

We offer 4 different levels of programming! Call 309-449-4500 to get your kids signed up today.

»»» May 6 - 31

TUMBLING CLASSES



6 MILES IN 6 WEEKS

»»» May 1 - June 12

- Swim as many miles as you can in 6 weeks at the HWC's pool
- Chart your mileage at the front desk
- T-shirt and participation bag for all participants
- Additional prizes available
- Sign up at the front desk

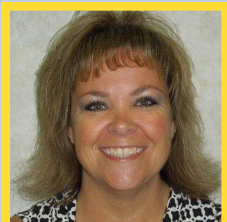
From parent and tot water exploration classes to various levels of swim instruction for those older in age, we have some amazing opportunities for you!

»»» Coming Soon!

SWIM CLASSES



»»» MEET THE PROGRAMMING STAFF



Amy Livengood

I can assist you with:

- memberships
- scheduling a massage
- signing up for programs
- general questions



Chelsea Fontaine

Join me for:

- personal training
- nutrition consults
- monthly table events
- monthly cooking classes



Katie Clough

You will find me:

- teaching fitness classes
- at personal training sessions
- scheduling programs
- assisting in the Physical Therapy Department

VISIT US

222 NW Grove Street
Hopedale, Illinois 61747

CONTACT US

www.hopedalewc.com
309-449-4500

FOLLOW US

f Hopedale
Wellness
Center

HOURS OF OPERATION

Sunday: Closed
Monday – Thursday: 5am – 7pm
Friday: 5am – 5:30pm
Saturday: 7am – 12pm