

Hopedale Wellness Center

Pathways to Wellness



WELLNESS CENTER MEMBERS,

July is member appreciation month and on behalf of Hopedale Medical Complex and the Hopedale Wellness Center we want to thank each of you for your patronage! Dr. Rossi, Sr. had this facility built on the ideal of having a place where community members can come and improve their physical and mental wellbeing. As the Wellness Center evolves year after year we look forward in continuing to serve you and be a part of your wellness journey.

On July 4th, the Wellness Center will celebrate its 22nd Anniversary. I hope you will come celebrate *Member Appreciation Month* with us throughout July. There will be giveaways, games and challenges each week!

You are appreciated,
 Greg Eberle, ATC, LAT, CES
 Hopedale Wellness Center Manager

Hopedale Wellness Center's B-I-N-G-O

COMPLETE VARIOUS ACTIVITIES AT THE WELLNESS CENTER AND BRING IN YOUR BINGO BOARD TO WIN A PRIZE!

Try...

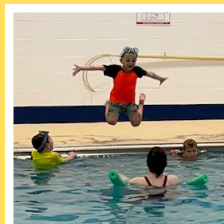
Walk 15 Minutes around HWC's Track	Swim at HWC's Pool for 20 Minutes	Sign up for 2 Personal Training Sessions	Use HWC's Weights for 15 Minutes
Use HWC's Weights for 20 Minutes	Participate in Group Fitness Event	Swim at HWC's Pool for 20 Minutes	Walk for 30 Minutes on HWC's Treadmill
Swim at HWC's Pool for 30 Minutes	Walk 15 Minutes around HWC's Track	Use HWC's Weights for 15 Minutes	Book a Massage at HWC
Participate in an Aquatics Class	Use HWC's Weights for 15 Minutes	Walk 30 minutes around HWC track	Swim at HWC's Pool for 10 Minutes

Member Appreciation Month B-I-N-G-O

- BINGO is a free member appreciation month activity
- Pick up your Bingo card at the Wellness Center front desk
- Complete the various activities listed while at the Wellness Center
- By getting four squares across, down or diagonal you can bring in your bingo board to win a prize!

Need a Facility for a Party Rental?

HMC's gym, pool and multi-purpose room are available for hourly rentals for birthday parties, family events, community activities and so much more!



- \$75 per gym hour
- \$90 per pool hour
- \$25 per hour for multi-purpose room
- See the front desk for non-member rates

Find Out More At: hopedalewvc.com/facility-rental

HOPEDALE WELLNESS CENTER'S

NO OFF SEASON

PURSUE TO PERFORM



Purchase punch cards at the front desk.

More Information at:

hopedalewc.com/fitness/no-off-season

IT'S NOT TOO LATE TO IMPROVE YOUR GAME THIS SUMMER!

»» \$85 for a 10 Session Punch Card

- Core & Stretch: Tuesday's & Thursday's @ 10 AM
- Speed Training: Monday's, Wednesday's & Friday's @ 1 PM
- Strength Training: Monday's & Wednesday's @ 2 PM
- Sports Moves: Tuesday's & Thursday's @ 2 PM
- Athletes can pick and choose which sessions and how many they would like to attend.



Thank You to All of Our Sponsors:



SAVE THE DATE
August 23, 2024

In collaboration with ImpactLife, the HWC is hosting a blood drive.

ImpactLife is the provider of blood products and services to 126 hospitals, including HMC.

Blood drives are open to members and non-members, and provides donors an opportunity to pay it forward.

hopedalewc.com/services/blood-drives



OUR MASSAGE THERAPISTS

Judy Mussleman has 25 years of experience with expertise in many different massage styles ranging from deep tissue to cupping, taping and therapeutic massage.

Paulina Slama works with over 10 modalities of massage and has 8 years of experience. Previously she worked with athletes in the HFC, NHL and USA weightlifting.

hopedalewc.com/services/massage-therapy

ATHLETIC TRAINING & SPORTS MEDICINE

»»» Our School Partners



Athletes are on the move more than ever these days, but when the level of activity increases, so does the risk for injury. Our clients, no matter what their age, have access to athletic trainers, experienced rehabilitation staff and an orthopedic surgeon. We provide athletes the care needed to get back to the maximum level of athletic performance. Safely getting you back in the game is Hopedale Rehabilitation & Sports Medicine's top priority.

SERVICES WE PROVIDE:

- Athletic Training Game Coverage
- Sports injury prevention education
- Diagnosis, assessment and care of athletic injuries
- Continuum of care with orthopedic and sports medicine

VISIT US

222 NW Grove Street
Hopedale, Illinois 61747

CONTACT US

www.hopedalewc.com
309-449-4500

FOLLOW US



Hopedale
Wellness
Center

HOURS OF OPERATION

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