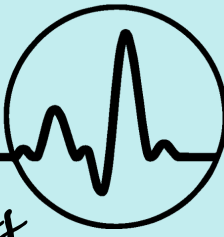


Hopedale Wellness Center

Pathways to Wellness



HOPEDALE MEDICAL FOUNDATION CHARITY GOLF OUTING



Save the Date

Friday, September 25, 2026

We can't wait for our 18th Annual Hopedale Medical Foundation Charity Golf Outing! Join us on Friday, September 25, 2026, at Pine Lakes Golf Club, with lunch beginning at 11:00am and a

shotgun start at 12:00pm. Consider putting a team together, being an event sponsor, or both! More information coming soon.

CELEBRATING ST. JUDE RUNNERS

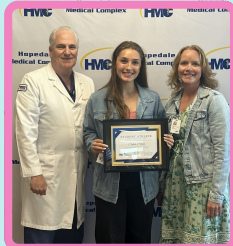


50% off a Recovery Room Session August 3 - 8, 2026

We have been in awe watching our members train for the St. Jude Runs on August 1st that we wanted to offer a token of appreciation for your dedication! All St. Jude runners can enjoy 50% off

a recovery room session! Just bring in your fundraising page to the front desk!

STUDENT ATHLETE OF THE YEAR



Celia Cross

Hartsburg-Emden High School

Hopedale Rehabilitation & Sports Medicine in collaboration with Hopedale Medical Complex is pleased to announce Celia Cross as the 2026 Athlete of the Year. Along with being honored Celia receives a \$1,000 scholarship from the

Hopedale Medical Foundation. Celia was the recipient of the October Athlete of the Month award for her tremendous effort and leadership of the Hartem volleyball team. Celia is the daughter of Julie and Kent Cross and a 2026 graduate of Hartsburg-Emden High School. In the fall, she will attend Illinois Central College to major in nursing and play volleyball.

MEMBER APPRECIATION MONTH

JUL 1-4 Celebrate the Fourth!
Enter a member drawing, pick up your race packet and run/walk with us on July 4th!

JUL 6-11 Share With a Friend
HWC members can bring a guest for free all week long!

JUL 13-18 Full Access to the HWC
Try any amenity or paid programming class in the HWC for free!

JUL 20-25 Sink A Bag, Win a Prize!
Join us in the lobby for a game of bags! Toss it in the hole and win a prize!

JUL 27-31 Thank You Treats
Stop by our lobby each day to pick up a treat as a token of our appreciation

STEP AHEAD



Step into better balance, movement and confidence with our HWC Step Ahead Balance & Stability Program! Better balance can help reduce the risk of falls, increase safety with daily activities, and improve overall quality of life. Stop by the HWC front desk or call 449-4500 to get your spot!

Consistent Class Time

Tuesdays | 8:00AM - 9:00AM
July 7 - August 4, 2026



Guided Instruction

Each class will be led by a certified athletic trainer.

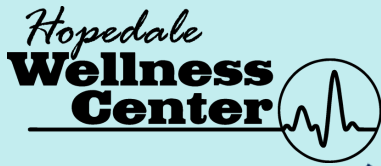


5 Class Package

\$120 per person, per session.
Only 10 participants per class.



MAJOR REID NANNEN MEMORIAL 5K RUN/WALK THANK YOU SPONSORS!



American Legion Post 1236



5 PROACTIVE TIPS TO BEAT THE HEAT

TAKE SIPS ALL DAY LONG

Drink water continuously throughout the day to ensure proper hydration.

EAT HYDRATING FOOD

Snack on water-dense options like watermelon, cucumbers, and strawberries!

ELECTROLYTES

Replenish lost sodium and potassium after activity with coconut water or electrolyte powders.

LIMIT DIURETICS

Offset every coffee or alcoholic beverage with a glass of water.

PRE-HYDRATE

Drink 16-20 ounces of water a couple of hours before any outdoor summer activity.

FOURTH OF JULY HOURS OF OPERATION

While we host the Major Reid Nannen Memorial 5K on the Fourth of the July, the HWC daily operations and workout areas are closed. Please note the main parking lot will be closed from July 3rd at noon through the Fourth of July!

NO OFF SEASON: PERFORMANCE STRENGTH TRAINING

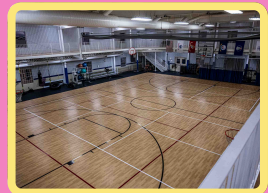
Junior High Athletes

- July Session: July 8 - July 31
- Every Wednesday & Thursday
- 9:00AM - 10:15AM
- \$160 Per Athlete, Per Monthly Session
- What's Included:
 - Up to 8 total training classes available each month
 - Individualized workout programming in a group setting
 - Wednesday: Full Body Strength + Core
 - Friday: Speed + Agility + Mobility
 - Coaching supervision during every session
 - Instruction on safe lifting technique & movement
 - 15-minute group stretch & mobility session after each workout



High School Athletes

- July Session: July 6 - July 30
- Every Tuesday, Wednesday & Thursday
- 10:00AM - 11:15AM OR 2:00PM - 3:15PM
- \$240 Per Athlete, Per Monthly Session
- What's Included:
 - Up to 16 total training classes available each month
 - Individualized workout programming in a group setting
 - Coaching supervision during every workout
 - Instruction on proper technique and exercise form
 - 15 minute group stretch & mobility session after each workout



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

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