

# 2019 PROGRAM

**FREE  
ROCK WALL  
SESSIONS**

**The  
5<sup>th</sup> Annual  
Community  
Health and  
Wellness Fair**



# COMMUNITY HEALTH *and* WELLNESS FAIR



*Presented by*  **RUSH**  
OAK PARK HOSPITAL

**SUNDAY MARCH 10 | 11AM-3PM**

*at*



**FFC OAK PARK | 1114 LAKE STREET | 2nd FLOOR GYM  
OAK PARK, ILLINOIS**



**LOCAL EXPERTS AND OVER 100  
HEALTH & WELLNESS PROFESSIONALS**

**FREE FITNESS CLASSES, SCREENINGS, RAFFLES, CHILDREN'S ACTIVITIES & HEALTHY SNACKS**

**O P R F C H A M B E R . O R G**



## EVENTS and SCHEDULES

**FREE & Open to the Public - 11A - 3P**

**100+ vendors on 2nd floor and curbside**

**Raffle prizes awarded every 1/2 hour, starting at 11:30A**

### **FREE Fitness Class Schedule (on 2nd floor):**

#### **11a-12p - Zumba with Fitness Formula Clubs**

Zumba fuses hypnotic Latin/International rhythms and movements.

#### **12:30p - Functional Strength and Mobility Class with Body Gears Physical Therapy**

Doctors of Physical Therapy from Body Gears will teach a series of Functional Strength and Mobility exercises to help improve functional movement patterns, efficiency and endurance in static and dynamic posture positions.

#### **1:00p - Yoga for Beginners with The Yoga Centre**

Are you curious about yoga and don't know where to begin? This class is for you! We will introduce basic yoga poses and concepts, for a simple, easy to follow class. Participants will leave feeling empowered and excited to explore yoga further.

#### **1:30p - Hit It! Fitness Kickbox Class with Hit It Fitness Oak Park**

This intense cardiovascular and strength conditioning class incorporates boxing, karate and tae kwon do techniques. Hit It!® Kick box totally reshapes participants' bodies!

#### **2:00p - HIIT Class with Tennis & Fitness Center**

Through quick, intense bursts of exercise, followed by short recovery periods, this high intensity interval training class will keep your heart rate up and your body feeling the benefits!

#### **2:30p - Pilates Mat Class with Club Pilates of Oak Park**

Come experience a taste of Club Pilates Oak Park with this unique Mat Class. This class will introduce participants to Pilates Mat exercise which are the foundation of the Pilates method and balance muscle groups to increase strength and flexibility.

**ALL DAY Fitness Formula Clubs - Learn To Rock Climb, sign-up for FREE sessions at rock wall in main gym**

# SCREENINGS and VENDORS

## Asthma + Environmental/Food Allergy Screenings

Ask A Doc Station

Blood Draws For Cholesterol / A1C

Blood Pressure Measurement

Breast Cancer Demonstrations

Chair Massages

Depression Screening

Diastasis Rectus Abdominis Screening

Energy Balancing Sessions

Foot Screenings

Full Body Assessments

Hearing Screenings

Heart Risk Assessment

"Is Family Therapy the Right Fit for You?" Screenings

Laminating Medicare Cards

Men's Health Screenings

Mobile Stroke Unit

Nutritional Counseling

PAD Screening

Physical Therapy Screenings

Posture Analysis

SDOH Screening

Spinal Health, Posture Screenings +

Stress Assessment

Women + Protein Screening

Chicago Allergy & Asthma

Dr. Pitud, M.D. - The Housecall Allergist

Rush Oak Park Hospital

Rush Oak Park Hospital

Wellcome MD

West Suburban Medical Center

West Suburban Medical Center

FFC Oak Park

Kneaded Work

Royal Health Care S. C.

LifeSpan Counseling & Psychological Services LLP

Viva Physical Therapy, LLC

Clean Up Your Energy

Dr. Mary Ann Bender

Fuller Health Group

Consulting Audiology Associates, LLC; The Hearing Place

Drs. Girgis & Associates

Rush Oak Park Hospital (2nd Floor Office)

Empower Family Therapy

Prudential & Ruggiero Law Group

Men's Performance Clinic

Rush Oak Park Hospital

Fuller Health Group

Rush Oak Park Hospital

Body Gears Physical Therapy

Centre Physical Therapy

NovaCare

The Tennis and Fitness Centre

Rush Oak Park Hospital

TVG-Medulla LLC for Chiro One Wellness

Norma's P-Tein - Soarthru Consulting

## Event Co-Chairs



**Tandra Rutledge**

Director, Business Development  
Riveredge Hospital



**Bob Stelletello**

Owner  
Right at Home Hinsdale/Oak Park/Chicago



**Sam Yousif**

Business Development Manager  
Body Gears Physical Therapy



# Thank you!

## PRESENTING SPONSOR

 **RUSH**  
OAK PARK HOSPITAL

## DIAMOND & VENUE SPONSORS



Riveredge  
Hospital



## PLATINUM SPONSORS



## GOLD SPONSORS



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SEVEN POINT.

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