



Healthy Balance

Low Back Pain

Don't miss this presentation covering causes, treatments and prevention of low back pain presented by Dr. Chad Binger. Many activities of daily living can leave our backs susceptible to injury. What do we do and where do we go? We will discuss the difference between medical and chiropractic care. What are some of the things we do every day that compromise the integrity of our back? What are some great stretches and strengthening exercises that will keep our back strong? Are there some exercises that may actually make our backs worse? All these topics will be discussed followed by a question and answer session. Dr. Chad Binger graduated from Palmer College of Chiropractic and has been in practice for 8 years. He believes in taking care of each patient with compassion, respect and professionalism. Employing a special technique known as the Gonstead Method, Dr. Binger takes care of patients from 6 mos. to 99 years old in a safe, effective manner.

REC Center Willow Room Minimum 6 / Maximum 40
CODE **DAY** **DATE(S)** **TIME** **FEE**
 110799-01 Tues. 1/12 7:00-8:30 p.m. FREE

What Is Your Heart Age?

Judi Forner, Cardiac RN with Advocate Good Shepherd Hospital will assess your risk factors to predict your heart age and your chance of developing a myocardial infarction (heart attack) or death from coronary (heart) disease by assessing your personal information using the Framingham Heart Study. The risk factors included in the Framingham calculation are age, cigarette smoking, blood pressure, diabetes and body mass index (BMI). Point values are calculated on each of these risk factors. Blood pressure screening will be provided for your personal assessment.

REC Center North Classroom Minimum 6 / Maximum 40
CODE **DAY** **DATE(S)** **TIME** **FEE**
 110799-02 Thurs. 2/11 7:00-8:30 p.m. FREE

Nutrition From the Ground Up

March is National Nutrition Month! Let Registered Dietitian Michelle Ostien teach you all about "Nutrition from the Ground Up" in this free seminar. This topic will discuss the benefits of fruits and vegetables, new ways to include them in your diet, a question and answer session, healthy snack, and much more! Michelle has a Master of Science degree from Southern Illinois University, Carbondale and a Bachelor's degree from Northern Illinois University. She is currently working on a Graduate Certificate in Eating Disorders and Obesity from NIU.

REC Center North Classroom Minimum 6 / Maximum 40
CODE **DAY** **DATE(S)** **TIME** **FEE**
 110799-03 Tues. 3/9 7:00-8:30 p.m. FREE

Staying Younger Longer

Do you want to enjoy the energy, vitality, and health of youth? We can teach you and help you fulfill your potential as well as regain some of your lost youth and vigor. Join Dr. William Awe for an enlightening presentation and see how easy it can be to stay young by using hydration, nutrition, and your body's own healing abilities!! The first 25 registered will receive a free gift to help you on your way to a new and youthful you. Dr. Awe graduated from the Palmer College of Chiropractic in 1988 and established his full service Chiropractic Wellness Center in 1991. As a Chiropractic Physician, Dr. Awe believes that personalized Wellness Care is extremely important in helping people achieve their health goals. He has done graduate study in Chiropractic Pediatrics and uses his gentle methods to adjust children for conditions ranging from Colic to headaches.

REC Center North Classroom Minimum 6 / Maximum 40
CODE **DAY** **DATE(S)** **TIME** **FEE**
 110799-04 Tues. 4/13 7:00-8:30 p.m. FREE

Heartland Blood Center Drive

(Ages 17+)

Start the New Year off right, by donating blood for Heartland Blood Centers in honor of National Blood Donor Month. The process only takes an hour of your time, and results in lifesaving platelets or pints of blood for those in need. You must weigh a minimum of 110 pounds. Date of the Blood Drive is Tuesday, January 19 from 3:00-6:30 p.m. in the REC Center parking lot. **Call 847-669-3180 ext. 390 to schedule your appointment.** Give the gift of life that keeps giving back.