

HEALTHY LIFESTYLES PROMOTION FEBRUARY 14-19

sponsored by:



VANDERBILT FAMILY CHIROPRACTIC AND THE HAWTHORN WOODS WOMEN'S CLUB (HWWC)



If you are looking to start the year with a healthier lifestyle and want to give back to your community, then join us as we promote health and wellness within our community, while also supporting local Lake County shelters.

All you have to do is schedule appointments with any of the wellness providers listed below for the week of February 14th and mention the Healthy Lifestyles Event. Then, the wellness provider will donate all or a portion of your fees to the HWWC as listed below.

VANDERBILT FAMILY CHIROPRACTIC

Chiropractic Exam, X-rays and Treatment
\$250 value for \$50
 donation to HWWC

The "Commons" of Hawthorn Woods
 40 Landover Pkwy, Suite 2, Hawthorn Woods.
 847-719-BACK (2225)
www.vanderbiltchiropractic.com

HAWTHORN WOODS FAMILY DENTAL CARE & ORTHODONTICS

Digital Panoramic X-ray & Oral Exam
\$180 value for \$50
 donation to HWWC

Dr. John Edgar, D.D.S.
 Dr. Shaun Varghese, D.D.S.
 Dr. Jeffrey Copeland, D.D.S.
 60 Landover Pkwy, Hawthorn Woods.
 847-550-5000 | www.HWFDC.com

LONG GROVE AUDIOLOGY KATHERINE E. STEVENS, Ph.D.

- Board Certified Audiologist -
 Hearing Aid Consultation
\$75 value for \$20
 donation to HWWC

In the Mill Pond Shops
 247 Robert Parker Coffin Road
 Long Grove
 847-276-2735
www.longgroveaudiology.com

CURVES FOR WOMEN

1 month membership
 (with service/initiation fee)
\$198 value for \$50
 donation to HWWC

41 South Rand Road
 in Lake Zurich
 847-307-4747



CAROLE CHILDERS C.N. L.N.C. ALL WAYS HEALTHY

1 Hour Nutritional Consultation
\$65 value for \$20
 donation to HWWC

Lakeview Plaza
 123 S. Rand Road. Lake Zurich
 847-438-9200
www.allwayshealthy.com

AVALON SALON AND DAY SPA

15 Minute Massage for a
\$15 Donation
 to HWWC

Deer Park Shopping Center
 20530 N. Rand Road, Deer Park
 847-726-8855
www.avalondeerpark.com

LOSSMAN EYE CARE ASSOCIATES

Complete Eye Exam
\$100 value for \$50
 donation to HWWC

Willow Ponds Professional Center
 950 W. Main Street
 Lake Zurich
 847-726-2020
www.lossmaneyecare.com

USANA HEALTH SCIENCES ANNE DOBBERTIN

Highest rated cellular nutritional products
\$10 Donation to HWWC
 for every new client

847-847-7517
www.lookgoodfeelgood.usana.com

If you have any questions about the event, please contact Vanderbilt Family Chiropractic at 847-719-BACK(2225).