

The 2009

Healthy Lifestyles Event

Are you looking to start off the year with a healthier lifestyle?

Do you want to give back to your community?

If your answer is yes to the above questions then won't you join us on February 16 to the 21st when Vanderbilt Family Chiropractic and the Hawthorn Woods Women's Club (HWWC) sponsor a **Healthy Lifestyles Event** to promote health and wellness within our community, while supporting local shelters within Lake County.

All you have to do is schedule appointments with any of the wellness providers listed below for the week of February 16th 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.



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



<p>Vanderbilt Family Chiropractic Chiropractic Exam, X-rays, & Treatment (\$250 value) for a \$50 Donation to HWWC The "Commons" of Hawthorn Woods 40 Landover Pkwy Ste 2 Hawthorn Woods 847-719-BACK (2225) www.vanderbiltchiropractic.com</p>	<p>Hawthorn Woods Family Dental Care and Orthodontics Digital Panoramic X-ray and Oral Exam (\$180 value) for a \$50 Donation to HWWC Dr. John Edgar, D.D.S. Dr. Shaun Varghese, D.D.S., M.S. Dr. Jeffrey Copeland, D.D.S. 60 Landover Pkwy, Hawthorn Woods 847-550-5000 www.HWFDC.com</p>	<p>Helping Hands Therapy Gayle Fox, R.N. Hypnotherapy Services (Smoking cessation, weight loss, stress reduction, etc.) \$100 for 90 minute service \$45 Donated to HWWC 41 E. Main St. Ste 150 Lake Zurich 847-826-5976 www.hhtherapy.com</p>
<p>Curves for Women 1 month membership (\$198 value; 1 mo. Membership & service/initiation fee) for a \$50 donation to HWWC 41 S. Rand Rd. Lake Zurich 847-307-4747</p>	<p>Avalon Salon and Day Spa 15 minute Massage for a \$15 Donation to HWWC Deer Park Shopping Center 20530 N. Rand Rd., Deer Park 847-726-8855 www.avalondeerpark.com</p>	<p>Carole Childers C.N. L.N.C. All Ways Healthy 1 hour Nutritional Consultation for \$65 \$20 Donated to HWWC Lakeview Plaza 123 S. Rand Rd., Lake Zurich 847-438-9200 www.allwayshealthy.com</p>
<p>Long Grove Audiology Katherine E. Stevens, Ph.D. Board Certified Audiologist Hearing Aid Evaluation (\$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</p>	<p>Lossman Eyecare Associates Eye Exam (\$100 value) for \$50 Donation to HWWC Willow Ponds Professional Center 950 W. Main St., Lake Zurich, IL 847-726-2020 www.lossmaneyecare.com</p>	<p>USANA Health Sciences Anne Dobbertin Highest rated nutritional products \$10 donated to HWWC for every new client 847-847-7517 www.lookgoodfeelgood.usana.com</p>