

The Wellness Center

Wellness Center, 55+ (Supervised Fitness Program)

\$25.00/Month Membership or
\$30.00/punch card for 10 visits

Programs include:

- Strength, balance, and mobility exercises designed by our Exercise Physiologist
- Medical Grade Cardio and Strength Equipment
- Progress reports provided to physicians or any member upon request
- Arthritis, Balance, COPD, Diabetes, Dementia, Incontinence, Osteoporosis, Neurological, Fibromyalgia Programs

*One-time \$40 assessment fee provides a Fitness Evaluation by our Exercise Physiologist

Location:

Wellness Center at DuPage
400 N. County Farm Road
Wheaton, IL 60187

* On the ground floor of the DuPage Care Center, south side of the building.

Contact Information

Insurance

Most major insurances accepted, including Medicare

For Outpatient Rehabilitation Services Info and Tours

Call for hours and appointment times

Karen Cerny, *Physical Therapist*
Rehabilitation Services Manager
Phone: (630) 784-4402
Fax: (630) 784-4405
Email: Karen.Cerny@dupageco.org

For Wellness Center Info

Lauren Lehr, *Exercise Physiologist*
Phone: (630) 784-4246
Fax: (630) 784-4405
Email: Lauren.Lehr@dupageco.org

Wellness at DuPage



Providing Exceptional Wellness and Outpatient Rehabilitation Services



Outpatient Physical Therapy Services

Physical Therapy

Our physical therapists use therapeutic modalities to prevent, identify, correct, and compensate for specific dysfunctions. Our physical therapists provide 1:1 individualized evaluation and treatment to people who are:

- Recovering from recent hospitalization
- Recovering from hip or knee surgery
- Experiencing problems with strength and balance
- Experiencing pain from illness or injury
- Experiencing neuromuscular decline due to stroke, Parkinson's disease, or Multiple Sclerosis.



Outpatient Occupational Therapy Services

Occupational Therapy



Our occupational therapists provide 1:1 individualized evaluation and treatment to improve skills needed to return to activities of daily living.

Occupational therapists specialize in:

- Retraining in activities of daily living to resume normal activities in the most safe and energy conserving manner.
- Provide home safety evaluations to make recommendations on home modifications and equipment needs to improve independence and safety in the home.
- Cognitive retraining to improve memory and provide memory strategies.

Outpatient Speech & Language Therapy Services

Speech and Language Therapy

Our speech-language pathologists are trained to diagnose and treat communicative disorders. The therapists look at all aspects of communication to help the individual reach their highest potential. Our speech-language pathologists provide evaluation and treatment for a variety of communication disorders, including:

- **Aphasia:** Following a stroke, many patients experience difficulty with communication.
- **Decreased cognitive functioning:** Patients with brain injury or dementia can benefit from therapy designed to increase and maintain functional communication skills.
- **Dysphagia:** Swallowing disorders from brain injury, stroke, and neurological disease processes.
- **Voice:** Therapists develop programs to assist patients with adequate breath support and voice modification.