

# Services

## Wellness



### **Wellness/Fitness:**

We offer wellness programs to the public with supervision in our clinics by our physical therapy staff. The supervision includes orientation to the equipment, development of an exercise program to accomplish your fitness needs, and the ability to ask our staff questions that you have regarding your exercise program. We have various types of cardiovascular and weight training equipment available at all of our locations. Our rates are based on a monthly rate and collected monthly without any long term contracts.

**Memberships:** \$25 per single  
\$15 extra for an additional household member

\*After being discharged from physical therapy, we offer 1 month of free wellness.

### **Corporate Wellness/Incentive Programs:**

We design wellness programs for small businesses to improve their employee health as well as incentive programs to encourage employees to get healthy. We also can monitor and manage these programs.

Check out the nearest location to you [here](#):

- [Galesburg](#) Wellness
- [Monmouth](#) Wellness