

Healthy Minds Healthy Bodies



A fitness initiative for returning military personnel with disabilities

Northeast DuPage Special Recreation Association (NEDSRA) recognizes the challenges faced by returning veterans with a disability. To meet their wellness needs, NEDSRA combined its resources and expertise with those of ClubFitness (Addison Park District), U.S. Paralympics and the Rehabilitation Institute of Chicago to offer a unique, new program free-of-charge to qualified returning veterans.

Veterans accepted into the Healthy Minds, Healthy Bodies program will receive:

Personal training sessions with a Certified Trainer experienced in post-rehabilitation exercises*

*Full-year fitness center membership for veteran
and for a spouse, partner or friend*

Post-rehabilitative exercise materials for home use

Expert advice from trained staff at the Rehabilitation Institute

*In addition, you will be invited to optional social events
where you can meet other program participants!*

This program is being offered to a limited number of participants.

*Start date and duration of training sessions will be tailored to meet the individual needs of each client.

An initial consultation with NEDSRA is required to help us determine whether this program is right for you.

Visit our website at www.nedsra.org or call NEDSRA today to schedule your consultation--630-620-4500, ext. 140.

