

Walking The Talk Series of Lectures about Integrating health and wellness into your lifestyle.

Join us for our upcoming Walking the Talk Series. Informational, fun and interactive lectures about integrating health and wellness into your lifestyle.

Thursday, May 8, 2014

7:00pm

Nutritional IV Therapy with Dr. Samuel Moltz, MD

Dr. Sam Moltz, MD from IVitamins presents information and benefits of Nutritional IV Therapy. Learn how Nutritional IV Therapy can energize your life. Buy a raffle ticket for your chance to win a Nutritional IV Therapy Evaluation & Treatment (\$125 value).

Tuesday, June 2, 2014

6:30 pm

Living Heathy with Juice

Eric Cooper, Founder of Pressed Vibrance, will discuss why incorporating juice into your life can have a profound impact on combating inflammation and reversing lifestyle damages on your system.

7:00pm

Methods to Reduce Injury Risk & Improve On-Field Performance with Dave Hollinger, Director of Performance Training

Chicago Sports Institute explains the benefits and importance of off-season training for athletes of all ages and levels.

Find out how you can reduce your injury risk and improve your on field performance. Buy a raffle ticket or two to increase your chance of winning a free Training Evaluation (\$250 value).

Thursday, June 19, 2014

7:00 pm

Losing Weight with an Integrative Approach

Traci Heller with Revolution will discuss their team approach to weight loss utilizing a physical therapist, registered dietitian, clinical psychologist and exercise physiologist.

All talks will be hosted at Chicago Sports Institute, 1847 Oak Street, Northfield.

Raffle tickets will be available at the door for a suggested donation to Chicago Sports Institute's High School Off-Season Performance Training Scholarship Fund.

Reserve Your Spot

Send an email with your information to info@ to reserve your spot.