

Please Join Us For

'Pleasure And Pain Of The Garden'



Tuesday June 26, 6 pm - 8 pm
Five Seasons Family Sports Club

1300 Techy Road, Northbrook IL

Cocktails and Hors d'oeuvres Poolside

followed by a brief tour of the facility.

Barbara Kreski, MHS, OTR/L, Horticultural Therapy Supervisor

Chicago Botanic Garden

- *discussing 'You Planted, It Grew, Now What?'*
 - *summer watering and maintenance*
- *demonstration and usage of ergonomically correct gardening tools*
 - *creating a mid-summer arrangement*

Neel Patel, Clinical Director, TRU Rehabilitation & Wellness

demonstrating exercises and therapies to alleviate pain from gardening chores.

*Admission is complimentary,
but space is limited so please reserve your spot today!*

866-459-0059 - info@truchicago.com

FREE "A Day at the Garden" Voucher

including admission to Chicago Botanic Garden, Tram Ride, Train Exhibit pass and more - for the first 25 seminar attendees registered!

All attendees will receive parting bags including TRU Rehab and Wellness Gift Cards (\$225 value), Guest Passes to Five Seasons and other gifts.

**WIN Lowe's Giftcards, Barbara's arrangement,
Personal Training, and other raffle prizes!**



FIVE SEASONS
FAMILY SPORTS CLUB



REHABILITATION & WELLNESS
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Press Release for Immediate Publication

June 5, 2012

Contact: Neel Patel – npatel@truchicago.com 847-644-7581

“Pleasure and Pain of the Garden” Gets Gardens and Gardeners Through The Summer Looking, Feeling Great

The spill of petunias, the majesty of coneflowers, the delicacy of alyssum and forget-me-not are in full flush right now, filling the hearts of gardeners – and non-gardeners alike – with joy.

For most gardeners, intensely committed or just mildly interested, that heart filled with joy is matched by knees filled with pain. And shoulders with aches, and back and necks with throbbing agony. And their gardens will start to look the worse for their wear.

TRU Rehabilitation and Wellness, along with Barbara Kreski, MHS, OTR/L, Horticultural Therapy Supervisor at the Chicago Botanic Garden and Five Seasons Sports Club, wants gardeners to have, this summer, all of the pleasure and none of the pain. Now, these three have collaborated to help gardeners through the summer in many ways.

Five Seasons will offer cocktails and hors d’oeuvres poolside, followed by a brief tour of the Sports Club. Barbara Kreski will discuss “You Planted It, It Grew, Now What?,” a guide to summer watering and maintenance. Barbara will also show gardeners how to use ergonomically correct tools the correct way. “So many of us purchase these wonderful tools crafted to make our work easier, but use them in ways that are not truly helpful – and sometimes even harmful – because of the lack of proper instruction.” Barbara will create a striking arrangement with mid-summer blooms which one lucky participant will win.

Neel Patel, Clinical Director at TRU Rehab, will demonstrate exercises and therapies to help alleviate pain from normal gardening chores. “Simple changes to the way a person bends at the waist or crouches to pull weeds can make a big difference in their comfort level. The therapies we will show will help people spend a lot longer time enjoying their garden.” Participants will be welcome to ask Neel about specific aches and pains in this friendly atmosphere.

Admission is complimentary, but space is very limited, so prompt registration is encouraged. Participants will be very specially treated as well, with the first 25 people registered receiving “A Day At The Garden” Botanic Garden vouchers which include admission, tram ride, train exhibit pass and more. All participants will receive parting bags with TRU Rehab and Wellness \$225 gift cards, day passes to Five Seasons and other gifts. Along with Barbara’s arrangement being awarded, participants can also win Lowe’s gift cards, Five Season personal training sessions and more.

“Pleasure and Pain of the Garden” is Tuesday, June 26 from 6 pm to 8 pm at Five Seasons, 1300 Techny Road in Northbrook. Seats can be reserved by calling 866-459-0059 or emailing info@truchicago.com.

For gardeners with those aching shoulders, miserable knees and distressed backs, this seminar will fill their hearts with a different kind of joy.

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