

- **"Starting the Spring Season"**  
4:30 p.m. Presentation-E/W Conf. Room  
5:30 p.m. Wrap-Up/Q&A-E/W Conf. Room  
*Jeff Roche, Director of Golf at Metamora Fields & Bradley University Men's Golf Coach*
- **Golf Fitness Evaluation**  
*Amanda Kocis, DPT – Certified Golf Fitness Specialist, Titleist Performance Institute; Kewanee Hospital Rehabilitation Services*
- **Functional Movement Screen/ Biodex Balance Screens**  
*Ian Swindler, ATC; Kim Becker, PTA; Kewanee Hospital Rehabilitation Services*
- **Speed Trials Events**  
*Jeffrey Tod, Nike Golf Representative*
- **Sales of Greens Fees & Merchandise**  
*Baker Park & Kewanee Dunes*
- **Nutritional Counseling**  
*Katie Keaschall, RD, LDN, KH Dietitian*
- **Chair Massages**  
*Liz Jones, KH Massage Therapist*

**\*\*Don't miss the chance to register for some great prizes!**

# Spring Fever???

## Join Kewanee Hospital's Business Relations Committee for a Pre-Season Golf Fitness Workshop

Please allow at least 2 hours to complete all evaluations, screenings, instruction, & counseling ~ \$500+ value!

### Thursday, March 8 \* 1:00 - 6:00 p.m.

Kewanee Hospital's East/West Conference Room & Rehab Gym

- \$85 Individual Participant     
  \$100 Family Package  
(Spouse, Junior Golfers)     
  \$160 Business Package  
(Up to 3 Individuals)

Name \_\_\_\_\_ Name \_\_\_\_\_

Name \_\_\_\_\_ Name \_\_\_\_\_

Business \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Fee Enclosed \$ \_\_\_\_\_ (To pay by credit card call 309.852.7822 or complete form below & return)

For more information e-mail [sharker@kewaneehospital.com](mailto:sharker@kewaneehospital.com) or call Sam Harker at 309.852.7822. Send registration to Kewanee Hospital Marketing & Development, PO Box 747, Kewanee, IL 61443.



Kewanee Hospital is pleased to welcome the expertise of **Jeff Roche** to the Golf Fitness Workshop. Jeff will provide mini-lessons throughout the workshop, as well as giving a presentation at 4:30 p.m.

Beginning his 7<sup>th</sup> year as head coach of the Bradley University men's golf program, Jeff also serves as Director of Golf at Metamora Fields Golf Club.

With over 20 years of experience in the golf industry, Jeff has served as Assistant Pro at Illinois State University Golf Course and Soangetaha Country Club, and as Head Pro at Shewami Country Club and WeaverRidge Golf Club.

Please join us in welcoming Jeff to Kewanee!

Please complete to pay by credit card:

Visa    MasterCard    Discover    American Express

Credit card number: \_\_\_\_\_

Expiration date : \_\_\_\_\_ / \_\_\_\_\_ ( mm/yy )

Exact name as it appears on the credit card:

Cardholder Signature: \_\_\_\_\_

