

# Marianjoy Rehabilitation Hospital

part of  
**M** Northwestern  
Medicine

## Winter Therapeutic Golf Program



Marianjoy Rehabilitation Hospital, part of Northwestern Medicine, is dedicated to helping individuals with disabilities return to recreational activities they enjoy. Marianjoy's Therapeutic Golf Program was developed to help participants learn or return to the game of golf.

Golf is a great leisure activity that also helps develop or maintain flexibility and range of motion; improve attention and concentration; increase upper body strength and endurance; and improve balance and eye-hand coordination.

Our adult golf clinics are led by Marianjoy therapists and golf professionals who offer individualized attention and instruction, such as modifications to swing and stance, or the introduction of adaptive equipment.

### Program information

#### Cost

The cost for each clinic is \$25. Registration and a physician release are required.

#### Clinic location

Links and Tees Golf Facility  
880 West Lake Street  
Addison, Illinois 60101  
630.233.7275, option 4

### Session schedule

**All sessions are held on Mondays  
from 4:30 - 6:00 pm.**

November 12

December 10

January 14, 2019

February 11, 2019

March 11, 2019

April 8, 2019

**For more information or to  
register, please contact  
Tracy Ekstrom, CTRS, at  
630.909.6010 or by email at  
tracy.ekstrom@nm.org.**

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