

**WELLNESS CONCEPTS, LLC**  
improving your natural function  
 630-587-4338

*We can help you take control of your health to reach your full potential!*

**OUR SERVICES INCLUDE:**

- Preventive/Functional Medicine
- Nutritional Medicine with comprehensive Nutritional Deficiency Testing
- Medical Thermography
- Allergen Specific Allergy Testing
- Complex Homeopathy (treatment without side effects!)
- **Non-Surgical Orthopaedics:** Struggling with Aches and Pains? Our ultra low dose non-steroidal injections (**BioPuncture**) can help! Learn more about this treatment, recently segmented on the **Dr. Oz** show, by contacting our office today!



*Come join us at the.....* **FREE EVENT!!!**  
**Holistic Health & Wellness Discussion Panel**  
 DATE: SATURDAY JANUARY 28, 2012  
 TIME: 9 AM — 11 AM  
 LOCATION: St. Charles Public Library  
 One South 6th Ave, St. Charles, IL

[www.wellnessconceptsllc.com](http://www.wellnessconceptsllc.com)  
 2075 Foxfield Road, Suite 102, St. Charles, IL 60174  
 (ph) 630-587-4338

**NOW ENROLLING!** ASK ABOUT OUR **FLEX LEARNING PROGRAM™**

**Come Grow With Us.®**

**THE Goddard School**  
 FOR EARLY CHILDHOOD DEVELOPMENT

**SAINT CHARLES • 630-513-0100**  
 200 North Tyler Road  
[GoddardSchool.com](http://GoddardSchool.com)

Goddard Systems, Inc. program is AdvancED accredited.

**INFANT • TODDLER • PRESCHOOL • PRE-K  
 KINDERGARTEN • AFTER-SCHOOL**

The Goddard Schools are operated by independent franchisees under a license agreement with Goddard Systems, Inc. Programs and ages may vary. © Goddard Systems, Inc. 2009

# Nuggets

An eclectic collection of what's happening in St. Charles

Send your business news and photos to [info@emeraldmarketing.com](mailto:info@emeraldmarketing.com).



**Cantigny Park hosts inaugural holiday festival**

**Cantigny** is hosting its first ever **Celebrate the Season Holiday Festival** on Sat., Dec. 3 from 4–8pm. Activities include a tree lighting ceremony, ice carving demonstrations, carolers, a live reindeer display, children's crafts, face painting, sleigh rides, and a visit from Santa and Mrs. Claus. On Sat., Dec. 10 and Sun., Dec. 11, Cantigny will host a **LEGO train show** from 9am–4pm. It is the **Northern Illinois LEGO Train Club's** largest show of the year. Admission for both events is free with paid parking.

For more details and a complete listing of programs, visit [Cantigny.org](http://Cantigny.org) and [CantignyGolf.com](http://CantignyGolf.com), 630-668-5161 (park) or 630-668-8463 (golf).

**Learn how to sign with your baby**

**Kids Play World** in St. Charles is hosting a **Baby Signs Workshop** Dec. 15 at 6:30pm. This workshop is designed for parents of children from birth to 24 months to learn everything they need to know to begin using baby signs with their child. Contact Stephanie Hawkinson, Kids Play World, LLC, at 630-444-1734 or [kidsplayworld.net](http://kidsplayworld.net) for more information.

**neXt gallery pops up**

The **St. Charles Arts Council (SCAC)** is pleased to announce the opening of its second **neXt gallery** venture at the Cedar Avenue Business Center, 920 Cedar Ave. in St. Charles. Open through Sun., Dec. 11, the show features local artists whose work interprets one of dozens of definitions of "fall" from verb to noun or adjective. Pieces include a variety of media and sculpture, with a price range to accommodate nearly every budget. Visit [nextgallerystcharles.org](http://nextgallerystcharles.org) or contact the council at 630-443-3794 or [StCharlesArtsCouncil@gmail.com](mailto:StCharlesArtsCouncil@gmail.com).

**Real jazz comes to Bistro One West**

**Bistro One West**, 1 Illinois St., St. Charles has officially made Thursdays **"Jazz Showcase Night"** and will feature some of the area's top jazz every week. The showcase runs 6–9pm every Thursday. Visit [bistro1west.com](http://bistro1west.com) for more information or call 630-444-0600.

**Bill Morrison receives award**

Congratulations to **Downtown St. Charles Partnership** Member, **Bill Morrison** of **Morrison & Associates** for being named one of the Five Star Wealth Managers. Five Star Professional partnered with *Chicago* magazine to determine the top wealth managers in the Chicago area based on exceptional service and overall customer satisfaction. Morrison & Associates Wealth Management is located at 440 S. Third Street, Ste. 202 in St. Charles.

**Join a running club**

**Dick Pond Athletics** hosts a Saturday morning run club that meets at 7am sharp in downtown St. Charles. The group runs outside all year long. All ages, genders and abilities are welcome and it is free to participate. **Glen Kamps** of Dick Pond Athletics says, "Many of our members have been able to run half and full marathons after spending a year with us." For information, contact Glen at 630-587-0745 or visit [dickpondathletics.com](http://dickpondathletics.com).

**Pen a World Premiere with Fermilab Scientists!**

After the success of the first-ever **Collider New Play Festival** in July, **Fox Valley Repertory** is currently seeking new play submissions for the **2nd Annual Collider New Play Festival**. The Festival will take place during the **St. Charles Summer Theater Fest** July 6–22, 2012. Submissions are being accepted now through Jan. 1, 2012. Specific guidelines, requirements, submission forms, and more information can be found at [foxvalleyrep.org/Collider](http://foxvalleyrep.org/Collider). Questions can be sent to [collider@foxvalleyrep.org](mailto:collider@foxvalleyrep.org).

**Free sales training for veterans**

**Bill Bartlett**, owner and CEO of **Corporate**

**Strategies & Solutions, Inc.,**

a Sandler Training Center, recently introduced the **Free Sales Training for Veterans** program. Corporate Strategies has pledged to provide sales training, at no charge, to any military personnel from the state of Illinois, who have been honorably discharged from any branch of service from 2008 to 2011, who are re-entering or wish to start a career in sales.

Corporate Strategies & Solutions, Inc. is located at 55 Shuman Blvd., Ste. 175, Naperville, 630-778-1500. [corporatestrategies.sandler.com](http://corporatestrategies.sandler.com).

**St. Patrick's Day Parade will be organized by Pride of the Fox, Inc.**

The **13th Annual St. Patrick's Day Parade and Festivities** will be held March 10, 2012, and is newly organized by **Pride of the Fox, Inc.** Pride of the Fox Inc. is a volunteer based non-profit organization that provides community events in the St. Charles area. Pride of the Fox Inc. Sponsorships are currently available for the event. Contact Julie Farris at [info@prideofthefox.com](mailto:info@prideofthefox.com) or 630-444-7460 for details.

## Diabetes Exercise CARE Program

Our unique 6-week program is designed to help individuals effectively manage diabetes and maintain a healthy lifestyle. The program is centered around four principles: **Control, Accountability, Resolution and Empowerment (CARE)**.



**Call for more information or to schedule a consultation**

Delnor  
**Health & Wellness Center**

**630/208-3933**

[www.delnorwellness.com](http://www.delnorwellness.com)

*An intelligent approach to fitness.*

296 Randall Road, Geneva, IL