



QUINTESSENTIAL
BARRINGTON®

WHO'S WHO

— IN —

HEALTH

— & —

WELLNESS

SPECIAL ADVERTISEMENT SECTION

YOUR GUIDE TO THE BEST LOCAL HEALTH CARE PROVIDERS

CO - OPTIM HEALTH

LIVE HAPPY

REVOLUTIONIZING THE HEALTHCARE EXPERIENCE



Luxury Medical Office Space

The Space

Co-Optim Health provides the perfect solution for doctors and medical practitioners looking for fully furnished or satellite medical office suites and exam rooms. Our unique and luxurious reception areas and thoughtful workflow provide the perfect experience for you and patients.

The Freedom

Co-Optim Health allows you the flexibility and freedom of having your own practice without the worries of being tied to a group or the expense of a long-term lease, utilities, payroll, janitorial services, or day-to-day operations. We take care of it all so you can focus on your patients.

The Care

At Co-Optim Health, we believe that healing starts when your patients walk through the door. Our friendly reception and concierge team takes pride in providing your patients with compassion, kindness, and hospitality.

The Plan

Co-Optim Health provides medical office spaces for doctors, dentists, and therapists to dietitians, dermatologists, and more! Each Co-Optim Health Membership is custom-designed to fit your medical practice needs. Choose the plan that works for you - from 1 to 6 office days per week.

The Packages

Each Membership includes access to a fully furnished medical suite including reception services, nurses' station, exam and treatment rooms, private doctors' and patients' lounges, marketing, IT support, lab and procedure rooms, health bars, fitness center, cleaning, maintenance, essentials, and more.



Membership Amenities

- Private Doctors' Lounge
- Medical Labs
- Consultation Offices
- Health Bars
- Marketing & Advertising
- Nurse's Stations
- Procedure Rooms
- Complimentary Starbucks Coffee
- Exam Rooms
- Personal Concierge Services
- Therapy Room
- Cleaning Service



CO - OPTIM
HEALTH
 LIVE HAPPY

21660 Field Parkway
 Deer Park, IL
 Schedule a Tour Today

224-339-9200

Co-OptimHealth.com

LiveHappy@Co-OptimHealth.com

Founder's Vision Statement

I believe the two greatest moments in life are, first; when you realize the gift God has given you and second; when you realize how that gift can really help people. So, I designed and built 30,000 square feet of spectacular healthcare space. With 64 exam rooms, luxurious reception areas, and doctors' lounges wrapped around a flexible lease membership for healthcare providers and a patient-first level of hospitality and inspirational care, it's the first of its kind in the world. From pediatricians, dietitians and chiropractors to psychologists and dentists, we offer a space for all healthcare-related practices. Our pediatrics wing is like the Disney World of Doctor's offices, children will actually look forward to going to the doctor. Our luxury reception areas rival that of a fine hotel and offer patients of all ages comfort and compassion, so the healing begins when they walk through the door.

- Joseph Elias, Founder



Lori Walsh, M.D. is the Medical Director of the Center for Integrative Health and Medicine at Good Shepherd Hospital.

Advocate Good Shepherd Hospital
 Integrative Health & Medicine Center
 450 West Highway 22
 Barrington IL 60010
 Schedule an Appointment
847-842-3140
advocatehealth.com

Advocate Good Shepherd Hospital's Integrative Health and Medicine Center is poised to open in early 2021. The Center is the culmination of a community and hospital fundraising collaboration with a unified vision to create a Center that supports health and healing.

The model of Integrative Medicine is one that combines evidence based conventional and complementary approaches in the context of whole person care: mind, body, and spirit. The staff working at the Center are health professionals who have extended training in their area of specialty in Integrative Medicine. This allows for a collaboration in care that can extend through the hospital, as well as with primary care physicians and specialists. The goal of Integrative Medicine is to enhance, not change a care plan.

Nutrition will be a pillar of the Center. Emphasis will be placed on dietary education in disease prevention and management and personalized dietary assessments will be offered by registered dietitians familiar with nutritional medical management. An Advanced Practice Nurse will provide a consultation and help each client sort through their health concerns and goals.

Within the Center there will be access to a health coach and psychologist to help with carrying out goals. Ancillary services will include acupuncture, medical massage, yoga, and aromatherapy to start, with additions such as Culinary Medicine to follow.

The Center itself has been designed to create a space with natural light and soothing décor. There is a healing garden just outside of the Center that will open in the spring.

The Center is available to everyone: community members, patients being treated at the hospital, and team members of the hospital. A Concierge dedicated to the Center will help navigate services for each client to make it as seamless as possible.

Dr Lori Walsh, as the Medical Director, will oversee the Center. She is an AMG pediatrician who has completed her Fellowship in Integrative Medicine through the Andrew Weil Center for Integrative Medicine. She is also a clinical assistant professor at Northwestern University Feinberg School of Medicine, assisting in the Culinary Medicine Program.

For more information, call the Center at 847- 842-3140.



Renee Burke, M.D.
18 E. Dundee Road, #200
Barrington, IL 60010
847-382-4400
reeneburkemd.com



Dr. Renee Burke (center) and her highly-trained staff of medical professionals.

Board-certified plastic surgeon Dr. Renee Burke and the entire team at our Barrington plastic surgery practice and med spa are intent on meeting and exceeding expectations from the moment a patient walks through the door throughout their aesthetic journey. Women and men choose our practice because we provide genuine care and concern in beautiful, contemporary surroundings. Ultimately, our goal is to achieve an outcome for our patients that restores the self-confidence they are hoping to find.

When you think of cutting-edge plastic surgery in Barrington, you may automatically think of the office of Dr. Renee Burke. But did you know that at her office, there are five highly specialized providers of non-surgical and minimally invasive treatments to address all your beauty and wellness concerns? It is this combination of surgical and non-surgical providers that bring you the most innovative and up-to-date treatments available. Today, we want to spotlight these extraordinary women and see what they are most excited about for 2021.

Cara, RN: "Most of us know the amazing things Botox can do for the forehead and around the eyes, but I absolutely love seeing the tightening, smoothing, and slimming effects from Botox on the lower face and neck. Treating the muscles of the jaw can reduce grinding and create a slimming look, while treating the neck can reduce laxity and crepiness and accentuate the jawline."

Shannon, RN: "One word—Carboxy! This is the absolute BEST treatment for cellulite, stretch marks, and loose/crepey skin in stubborn locations (think above the knees, arms, back of legs, and buttocks). Imaging taking a smoothing filter to your legs, but in real life!"

Gena, Esthetician: "NeoGraft® is a game changer for hair transplantation. While you may see other systems heavily advertised, NeoGraft is the gold standard in quality, natural-appearing hair transplantation. No one will ever have to know!"

Nicole, Esthetician: "Plasma pen has been a game changer in my hands. I am seeing amazing results in the upper and lower eyelids for people who don't want surgery, as well as dramatic skin tightening in the neck and chest, and serious smoothing of those annoying wrinkles around the mouth."

Samantha, FNP: "I love CoolTone™. As a busy mom of two, getting to the gym everyday can be a challenge. Now, I can hop on CoolTone and get the equivalent 25,000 crunches in 30 minutes. Combine this with CoolSculpting® and really show those abs, thighs, and glutes!"

Let us help you achieve your personal beauty goals. Schedule a consultation now!

Mindful Medispa & Mediclinic is an innovative health care practice created and owned by Lucie Bianchi, M.D., who is its medical director. Dr. Bianchi completed her undergraduate degree at Siena College in New York State, where she graduated Summa Cum Laude with a B.S. in Biology. She completed medical school and residency at the Medical College of Wisconsin (MCW), formerly of Marquette University. As a family practice resident at MCW, she was chief resident. She is a Family Practice doctor with 20 years of experience, with a special interest in aesthetics. Today, her practice offers Direct Primary Care (DPC), an alternative model that improves access to high-functioning health care that is provided only by physicians, with unrestricted access for all your medical needs.

Mindful is a new concept of true wellness medicine delivered by membership. Wherever you are in your health journey, we pledge to help you improve. Members pay a small, capped monthly fee to have unlimited visits and access to their physician and appointments are for as long as needed. There are no copays, nor additional payments, for doctor services. HSA cards can be used to pay for the membership. Any labs, tests, or referrals are applied to your insurance. Medical members may participate in aesthetic care and will receive a sizable discount on those services. However, aesthetic services are available to both members and nonmembers.

Aesthetic Services: The medical art of aesthetics is always growing and changing as technology advances. Dr. Bianchi continues to travel the country in pursuit of the best training available. Mindful currently offers toxins, short and long-term dermal fillers, hydrafacials, chemical peels, V-Lase feminine rejuvenation, SkinPen® microneedling, PRP treatments, fractional CO2 treatments, and customized medical-grade skin care.

Dr. Bianchi is passionate about safe and effective aesthetic medicine delivery. She believes there is significant overlap between aesthetic care and medical issues. This overlap is clear to most in the care of acne and rosacea. Aesthetic consultations are free of charge and can be done virtually, as well as in person.

Bring the joy back to health care. Give us a call to discuss how a membership can benefit you and your family!



Dr. Lucie Bianchi, M.D.



Mindful Medispa & Mediclinic
1626 W. Algonquin Road
Hoffman Estates, IL 60192
224-634-1500

Mindfulmedispaandmediclinic.com



Shannon Vokac, Au. D.; Ashley Ward, MSN, APRN, FNP-C; Gary Livingston, M.D.; Jason Cundiff, M.D., FACS; and Pamela Smekrud, Au. D.

ENT

EAR,
NOSE &
THROAT
CARE CENTER

Ear, Nose + Throat Care Centers
27790 West Highway 22
Medical Office Center 1, Suite 27
Barrington IL 60010
Schedule an Appointment
847-649-6000
Visit Our Website
theentcc.com

The Ear, Nose + Throat Care Center is a rapidly expanding practice of experienced board-certified medical physicians and providers. You and your family can expect to experience the highest level of care from a team who is here to serve their patients.

The Ear, Nose + Throat Care Center specializes in providing forward-thinking care for individual patients. The trusted and caring approach to the comprehensive medical and surgical care of adult and pediatric ear, nose, throat, sinus, and nasal troubles provided by the experts at the Ear, Nose, + Throat Care Center consistently surpasses the expectations of every patient, family, and caregiver.

On the forefront of technologically advanced procedures, the team offers minimally invasive options for ear, nose, and throat procedures, cutting-edge therapies for sleep apnea and hearing loss, and more.

From in-office sinus procedures (sinuplasty) with minimal downtime, to the cutting edge of technology with the Inspire Sleep Apnea Innovation procedure, your team at the ENT Care Center will make sure you have the best possible outcome.

Our team of Doctors of Audiology practice at the top of their specialty by treating patients with state-of-the-art hearing assistive devices customized for the patient to restoring sound with cochlear implants. Hearing loss patients who visit the ENT Care Center receive expert advice from a Doctor of Audiology when selecting and managing the solution that best fits their individual needs.

Visit us today on our website at theentcc.com to learn more and schedule an appointment.



Hart Dental

Dr. Aggie Iwaszczyszyn, DMD & Dr. Iwona Iwaszczyszyn, DDS

728 W. Northwest Highway

Barrington, IL 60010

(Located in the Foundry Shopping Center
right by Light Drawn Studios and One Life Kitchen)

Call or Text:

847-865-HART (4278)

Fax: 708-722-1035

HartDentalBarrington.com

Schedule online: tinyurl.com/HartDental

Email: draggie@hartdentalbarrington.com

We speak Polish! Mowimy po polsku!

Dr. Aggie Iwaszczyszyn, DMD

("Dr. Aggie")

At **Hart Dental** we believe in convenience and quality care above all. We offer most services under one roof—general and family dentistry seeing patients as young as 6 months, cosmetic dentistry, orthodontics, and surgery. I work with my mother, Dr. Iwona Iwaszczyszyn, DDS, and together with our staff we treat everyone like family.

We believe in conservative treatments, offering the most non-invasive and preventative approach to all patients, with long-term success always in mind. Here are some of our protocols.

Conservative treatment with silver diamine fluoride in no-drill pediatric fillings: We can sometimes remove the decay without drilling, place the fluoride, and place a fluoride releasing filling over the cavity. Often, even if we have to drill, we do not need anesthetic. It is amazing and helps us win over even the most scared kids. We also offer nitrous laughing gas!

We offer Bioclear cosmetic bonding when porcelain veneers would be too aggressive and remove too much tooth structure. It is a modern, innovative approach to create an incredibly strong and long-lasting restoration, even without drilling. When necessary, we offer surgery and implant dentistry as well, but in most cases, we save natural teeth as often as possible. We offer multiple in-house services to help save broken teeth—if they can be saved, we will save them. Implants are an amazing option, but we believe in saving natural teeth whenever possible.

Our goal is to make dentistry fun and relaxing for even the most anxious patients—that is why we offer nitrous and oral sedation to help you relax and forget your appointment ever happened.

We know dentistry can be invasive and confusing, and we welcome patients' feedback to make their appointments better. We offer moisturizing lip balm, headphones, neck pillows, blankets, bite blocks (ranging in sizes), TVs playing your favorite show or music, massaging chairs, and unlimited breaks; if you need a break, let us know. We can talk you through the whole appointment or work in silence. Whatever you prefer. If we do not have something to make your appointment better, we will get it.

We invite you and your family to our dental practice. Call or text today for an appointment.



Dr. James Baird, Family Foot & Ankle Specialists



Dr. James Baird
Family Foot & Ankle Specialists
1410 S. Barrington Road
Barrington
847-381-5011
Visit Our Website
drbaird.net

At **Family Foot & Ankle Specialists** we pride ourselves in treating everyone as family. We offer a different experience than other medical offices. We value your time, and when you make an appointment with Dr. Baird, you can expect to be heard. You will be given all options of care, and together with Dr. Baird, you will decide what treatment makes sense for you.

We provide state-of-the-art care using the latest technologies. Being an independent, private practice allows us the flexibility of offering a wide array of treatment options.

We offer in-office laser treatment for warts, shock wave therapy for plantar fasciitis, X-rays for immediate detection of fractures, combination electrotherapy for neuropathy, and orthotic therapy, to name just a few. If surgery is what you need, Dr. Baird is also a board-certified surgeon.

We see patients of every age. We are ready to help rid complaints of heel pain whether you are eight or 88. If a change in routine has led to foot or ankle pain, let us help.

Our office is conveniently located in the Village of Barrington and we would love to help with whatever ails your feet and ankles. When you make an appointment with Dr. Baird you will experience effective and concise treatment to get you out of pain and back to full activity.

Let's work together to get you back on your feet!



Grace Tomas-Tolentino, Ph.D.



Anna Mazek-Vann, LCPC



Arti Persaud, LCPC

Core Psychotherapy Center has been providing mental health services in the Chicagoland area since 2000. We work from a cultural and gender sensitive perspective to provide services to diverse populations including adults, children, adolescents, couples, families, and the LGBTQ community. We also facilitate various trauma-focused psychotherapy groups. Treatment emphasizes validation, empowerment, and nurturance of an individual's capacity for healing and growth.

Dr. Grace Tomas-Tolentino is the founder and director of the practice. She works with adult survivors of childhood abuse and specializes in the treatment of PTSD, dissociative disorders, somatic disorders, self-injury, eating disorders, and other co-morbid disorders. She facilitates psychotherapy groups for women and men survivors of childhood sexual abuse. As an experienced trauma therapist and international trauma conference presenter, she offers individual supervision and consultation to mental health professionals looking to grow in this field.

Dr. Tomas-Tolentino works with a relational/attachment treatment approach and is trained in clinical hypnosis and somatic experiencing.

Anna Mazek-Vann, LCPC provides therapy to children, teens, and adults. Ms. Mazek-Vann has extensive experience working with complex trauma, intimate partner violence, childhood trauma, PTSD, grief and loss, substance abuse, mood disorders, anxiety, and depression. She creates an empathetic, supportive environment, focusing on the strengths of the patient and empowering the patient to make lasting changes. Ms. Mazek-Vann is trained in EMDR, crisis intervention, and is a National Adoption Specialist.

Arti Persaud, LCPC works with children, adolescents, and adults. Ms. Persaud specializes in working with survivors of intimate partner violence, teen dating violence, and complex child and adult trauma. She provides treatment for depression, anxiety, infertility, grief and loss, and sexual assault. She supports lasting change by creating a safe, non-judgmental space for patients. Ms. Persaud offers individual and group psychotherapy to transgender, gender non-conforming, gender expansive and nonbinary patients (adolescent and adult).



Core Psychotherapy Center
1305 Wiley Road, Ste. 125
Schaumburg, IL 60173
847-240-5080
corepsychcenter.com

Specialty Areas

- Treatment for anxiety and mood disorders, eating disorders, substance abuse, sex addiction, PTSD, dissociative disorders, somatic disorders
- Couples and family counseling

Psychotherapy Groups

- Survivors of relational trauma (childhood sexual abuse, sexual assault, intimate partner violence)
- Transgender teens and adults



Novas, Dohr, Coll & Gadson OBGYN and Medspa associates gather near an image of 3-D ultrasound photos.

Since 1994, **Novas, Dohr, Coll & Gadson OBGYN Associates & Medspa** has been at the “cutting edge” of comprehensive obstetric and gynecologic care—not only state-of-the-art diagnosis and treatment, but alternative choices and health and wellness. Whether you are high risk or low risk, we are here to provide individualized care for you. Our Medspa further completes our comprehensive approach to health care with wellness from the inside out.

- + We have a team of all women expert providers. We are proud to be independently managed and founded by women.
- + We manage both high risk and low risk pregnancy, even “natural” options tailored to you, with a choice of two hospitals: Advocate Good Shepherd Hospital in Barrington, and AMITA Health St. Alexius Medical Center in Hoffman Estates.

- + We provide all aspects of GYN surgical care in office and at hospital.
- + We offer convenient and highly skilled on-site ultrasound, bone density, and lab tests with your provider.
- + Our Medical Spa provides the latest in care with your doctor. We offer peels, facials, BOTOX, fillers, and laser treatments including hair removal. To properly retain the benefits of these treatments, clinical grade products are offered.
- + Our Medical Spa offers telehealth nutrition consults and in-office massage as directed by your physician.

Come and visit us, for the best and most comprehensive OBGYN care for Women, and our best kept secret, our Medspa, treating our patients since 1994!

NOVAS, DOHR, COLL & GADSON **OB/GYN ASSOCIATES & MEDICAL SPA**

Novas, Dohr, Coll & Gadson OBGYN

Associates and Medspa

600 Hart Road, Suite 310

Barrington, IL 60010

847-304-0044

novasassociates.com



Judy Zabielski has owned Acacia Organics in Barrington for more than 10 years.

Acacia Organics is a unique service company specializing in individualized health assessment, nutrition, and detox programs with the goal of enabling your body to heal and thrive. Acacia Organics is a sole proprietorship owned and operated by Judy, a certified nutritional consultant who uses a holistic approach to address each person's health challenges by taking a detailed look at your past and present health issues—discussing diet, lifestyle, injuries, and trauma to determine the root cause of your symptoms, and formulate a plan with you to find the optimal path for healing and total wellness using the following techniques.

Quantum Reflex Analysis (QRA) is a proven and powerful clinical tool for men, women and children that gets to the root cause of health-related problems. It can be used to detect conditions such as thyroid insufficiency, hormonal imbalances, digestive and gut issues, and much more. QRA uses a technique that is painless,

simple, and non-intrusive to test the biochemical electrical frequencies of the body's key organ and gland systems. You can be tested using QRA today to proactively get health information before symptoms even occur, or if you have already seen several practitioners and their prior efforts have been unsuccessful.

Optimal Nutrition imperative to your health will be assessed and a nutraceutical regimen will be customized and adjusted as needed to meet your unique and changing healthcare needs following your initial QRA. I recommend a brief follow up visit once a month for 6 months, for all QRA clients at no additional charge. Nutraceuticals of the finest quality, only whole food-based organic ingredients (nothing synthetic), absolutely no toxic flow agents or tag-alongs and the highest grade of vegetable capsules are recommended and available for purchase to help you meet your healthcare goals.

Ionic Foot Bath brings results by charging the water in a foot tub with a mild current slightly stronger than, and the opposite polarity of, the lymphatic system's fluid. This gently pulls clogged, toxic materials from the vessels and nodes of your lymphatic system to rid your body of toxins that interfere with homeostasis and optimal functioning of your body.

Full Spectrum Infrared Sauna benefits acute and chronic health problems, via detoxification which may help to relieve pain, lower blood pressure, boost immune system, improved circulation, expedite wound healing (such as from surgery), and alleviate symptoms of Lyme disease, mold toxicity, and more. Clients seek me out when doctors recommend this modality.

While Acacia Organics can serve as a last resort for your health issues, why not start with Acacia Organics first for your path to wellness? Call for your initial appointment today!



Acacia Organics
523 W. Old Northwest Hwy #102A
Barrington, IL 60010
Acaciaorganics.com
847-387-3174



Tim Ryan, Owner and Trainer

What would you call something that enables your entire body to look, feel, and function years younger than your chronological age? Something that significantly slows and even reverses the aging process, improves your health, repairs injury, and strengthens your immune system? A system that stimulates every organ in your body to function better and stay healthier, and as icing on the cake, improves your body's shape and physical appearance?

Some may call this the "fountain of youth". At Strong Life Personal Training in Barrington, we call it "strength training". Yes, amazingly, strength training really can provide an array of benefits that extend far beyond the more well-known muscle strengthening benefits. This is not mythical fantasy, but decades of proven scientific research and experience.

Strong Life Personal Training is a clean, private, professional, non-crowded exercise studio specializing in supervised "one on one" strength training by appointment only. With just one expert, educated trainer and one client allowed in the facility per time period, it's like having your own private gym!

Instead of games and gimmicks, Strong Life focuses on "real" exercise that is safe, sensible, and research proven. Combined with exclusive medical-grade exercise machines not available anywhere else in the Barrington area, the Strong Life Program enables you to "live longer stronger" and age gracefully exercising for just 30 minutes twice each week! Age or experience level is no barrier. Safe, custom programs designed for anyone.

Act now to receive a complimentary program consultation, two free personal training sessions, and a healthy eating e-book. Live a "strong life" now by calling 630-862-5176 to schedule your first visit or learn more and request an appointment at stronglifetraining.com.



Strong Life Personal Training "Strength for Life"

Strong Life Personal Training
215 S. Northwest Hwy., Ste. 101
Barrington, IL 60010
630-862-5176
stronglifetraining.com

KALEIDOSCOPE

At **Kaleidoscope School of Fine Art**, we know that being creative can be fun AND helpful. Our weekly Art Therapy classes offer the opportunity for creativity and wellness.

In our “Creative Coping” class for teens, students learn how to use art to help cope and to regulate emotions.

In the “Art as Therapy” studio, adults create art for self-expression, relaxation, and personal growth. Our weekly classes are taught by Art Therapist, Suzie Newman, from Be Well Counseling and Wellness.

Our “Keep Calm and Be Creative” workshops will focus on using art to manage anxiety. These workshops are through a grant from the Barrington Area Community Foundation and a partnership with Samaritan Counseling Center.



Kaleidoscope School of Fine Art
316 W. Main Street
Barrington, IL 60010
847-381-4840
kaleidoscopeart.org



Our Premium CBD products are THC Free, Broad Spectrum, and Non-GMO. We believe that natural, 100% organically grown hemp from American farms has the power to promote wellness and bring balance to your life. It does this by gently and effectively encouraging your own body's endocannabinoid system back to optimal function.



180 Pure
20530 N. Rand Road, #340
Deer Park Town Center
Deer Park, IL 60010
847-481-6030
180pure.com



Thank you to our advertisers for bringing the best of health and wellness to our audience.

The **Who's Who** in Health & Wellness

guide advertisers will be on our website all year long at qbarrington.com with a link to their websites.

If you are a medical or health practitioner and want to participate in next year's 2022 guide, please call us at

847-381-3860.

The Northwest Suburban office of Right at Home proudly provides home care to Barrington and its surrounding communities. We are also a proud sponsor of the Barrington Area Council on Aging.

Today, a record 53 million people in the U.S. are providing care for older loved ones. Caregiving brings emotional rewards but can be physically and emotionally demanding. Caregivers are stressed as they struggle to balance caregiving tasks with their work and other family responsibilities. Juggling all these tasks can lead to caregiver burnout along with anxiety and guilt. It's no wonder! Today's family caregivers are asked to perform medical tasks that would make a nursing student tremble, notes a senior healthcare expert.

The pandemic of 2020 has increased caregivers' workloads as adult children work to keep their senior loved ones both safe and socially connected—and this on top of working from home, and perhaps supervising their children's school days.

If you are a family caregiver, make caring for yourself a top goal. Professional in-home caregivers will take over many of the typical tasks of family caregivers, such as hygiene care, assistance with managing healthcare appointments and medications, light housekeeping and laundry, meal preparation ... whatever tasks need doing. We provide respite care so you can take a break, even go on vacation.

Right at Home is an agency that has stepped up to today's challenges with training to reduce the risk of illness during this rapidly changing situation.

Choose the Right Care for your aging loved ones at home, call us at 847-396-9000.



Right at Home Northwest Suburban

847-396-9000

info@rahnw.com



POE STRONG is for any age or fitness level using the science of "eccentric" training on our Dr. developed and patented POE Machine (no weights). It's a true bio-hack in resistance training which safely increases strength, skyrockets metabolism, tones muscle, burns fat, and much more. Sessions are 1-on-1 and you're typically out the door in around 10 min.

POE STRONG Barrington is 1 of 4 places in Illinois offering the CAR.O.L (Cardiovascular Optimization Logic) Bike. In 8:40 minutes on CAR.O.L, members receive the same cardiovascular benefits as a 45-minute jog.

We help our clients to look, feel, and move better. POE sanitizes between every client, and also utilizes a UV-C light filtration system.

Call or text to schedule a free trial now!

618 S. NW HIGHWAY in BARRINGTON
Candice - 224-622-9240 • poestrong.com

Barrington Youth & Family Services (BYFS)

is proud to have served the Barrington community since 1972. Our new accessible and nurturing therapeutic environment allows us to effectively serve the mental health needs of all who come through our doors.

WE SPECIALIZE IN:

DEPRESSION	SUICIDAL THOUGHTS
ANXIETY	SCHOOL-RELATED ISSUES
GRIEF & LOSS	LIFE TRANSITIONS
TRAUMA	EATING DISORDERS
ANGER ISSUES	SUBSTANCE ABUSE
PARENTING	
SELF-HARM BEHAVIORS	



Serving Ages 5 & Up

English & Spanish
Licensed Therapists

Day & Evening
Hours

Insurance Accepted

118 Applebee Street (Across from the Jewel)
Barrington, IL 60010

847-381-0345

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