

Welcome to
CORNERSTONE
community wellness

01.jpg



CHILDCARE HOURS

Monday - Thursday
8:00-9:00 AM & 3:30-5:30 PM

Free while using Cornerstone services.

CORNERSTONE
community wellness

02.jpg



Active&Fit
CORNERSTONE
community wellness

Participating location for Active & Fit by some employer groups, associations, insurance companies, health plans, and others.

Stop by the gym office to find out!

03.jpg



GYM MEMBERSHIP

\$15 per Month
\$75 for 6 Months
\$150 for 1 Year

CORNERSTONE
community wellness

04.jpg



CORNERSTONE CORE VALUES
community wellness

INNOVATION

We take strategic risks.
We dream big and we keep in mind the needs of those we serve, remaining intentional and realistic as we curate opportunities.

05.jpg



Office Closed for Memorial Day

Monday, May 25th

Gym always open by keycard for members

06.jpg



GRIEF SHARE
CORNERSTONE
community wellness

13 week support group to help you move through the grief process.

March 10th - June 2nd
Every Tuesday, 9:00 - 11:00 AM

Stop by or call the gym office for more information.

07.jpg



Does insurance cover my gym membership?

If you have a Medicare supplement insurance plan, stop by the gym office to find out!

08.jpg



Happy Birthday

Celebrating all our May birthdays!

09.jpg

OFFICE HOURS

CORNERSTONE

Monday - Thursday
8:00 AM - 4:00 PM

10.jpg

GEIGER
LAWN & SNOW

SERVICES
MOWING
ROTO TILLING
LANDSCAPING
EDGING

SERVICES
PLOWING
SNOW & ICE
MANAGEMENT

CALL ~ (815)866-1222

11.jpg

CORNERSTONE
community wellness

TRIVIA

What year did Pickleball originate?

1965	1983
1977	1994

12.jpg

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community wellness

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What year did Pickleball originate?

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13.jpg

SilverSneakers

CORNERSTONE

Participating location for SilverSneakers by Medicare Advantage or Medicare Supplement plans.

If you have a Medicare supplement insurance plan, stop by the gym office to find out!

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PIONEER

MJ
Seed Agency

Michael Michlig
815.878.4430

Dane Robbins
815.876.0445

MJ SEED AGENCY
Independent Sales Rep.
for Pioneer® Brand Products

15.jpg

Open Gym Pickleball
in the back Activity Room
Self-Schedule Monday - Thursday
8:00 AM - 5:30 PM

Please sign in using the sign-in sheet in the Activity Room.



CORNERSTONE

16.jpg

GENUINE

SEED SOLUTIONS
2013

Independent Sales Rep.
for Pioneer Brand Products

Rob Colby - 815-303-5112
Andrew Pierson - 815-876-6627
Hailey Hilmes - 815-878-4986

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Season 3 of

RVL: THE STUDY

CORNERSTONE

FREE TEN-WEEK STUDY
EVERY TUESDAY, FROM MARCH 3 - MAY 5, 2026, 9:30 - 11:00 AM

Ray Vander Laan is a leading teacher of the Bible in context. He has taken over 10,000 people on study tours of Israel, Turkey, and Egypt. You won't want to miss this engaging study and Ray's passionate teaching style.

Season 3 does not mean that you need to have Season 1 & 2 under your belt to join in! Jump in at any time, as each session stands alone.

For more information, stop by the gym office.

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RenewActive™
by UnitedHealthcare

CORNERSTONE
COMMUNITY WELLNESS

Participating location for Renew Active by UnitedHealthcare Medicare plans.

Check in with the gym office to see if you qualify for a free gym membership!

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If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us
815-872-5040

Visual Solutions Visual Solutions Visual Solutions Visual Solutions Visual Solutions

20.jpg

Therapy Services Available Weekly



Harmony & Health PLLC
Seeing clients weekly by appointment at Cornerstone.

We are grateful that Lindsay is bringing her professional services to our community!

For more information, or to set up an appointment, email harmonyandhealthpllc@gmail.com.

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May Hours:
Friday, May 8th: 1-5 pm
*No Sunday hours in May



For more information, visit www.thestoresheffield.com or stop by the gym office.

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HAVE SUGGESTIONS TO IMPROVE CORNERSTONE COMMUNITY WELLNESS?


We'd LOVE to hear from you!

CORNERSTONE
COMMUNITY WELLNESS

23.jpg

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OR 800-808-1812
Ask for: Mark Seabloom
Sara Nodine or Robert Bohms

BRADFORD & MANLIUS
815-445-0921
OR 800-624-5593
Ask for: Steven Michlig,
Scott Smith, Mike Dykstra
or Jeremy Rediger

PERU
815-362-6921
6350 Meridian Rd.
Peru, IL 61354
Ask for: Jaden Michlig
or Mike DeAngelo

to Change or Add Our Fuel Programs

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Don't miss a thing!
www.ccwell.org

25.jpg

CORNERSTONE
COMMUNITY WELLNESS

TRIVIA

What sport is known as the "King of Sports"?

Football Badminton
Soccer Baseball

26.jpg

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COMMUNITY WELLNESS

TRIVIA

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