



## Memo

**To:** Employees & Family Members on the WEA Trust Health Plan  
**From:** Jeanine Zeamer, Licensed Athletic Trainer  
**Date:** December 3, 2012  
**Re:** Expanded Athletic Training Services

---

### **FREE Pain & Injury Assessments**

**Bothered by persistent achy knees, painful hips, sore back or shoulders, among other muscle and joint pains?**

The Wellness Onsite Clinic at West De Pere now offers a free assessment to evaluate your joint pain and recommend treatment options. (30 min. appointment)

As your onsite Licensed Athletic Trainer, I'd like to thank you for the warm welcome and share some opportunities for us to work together to help you achieve your health goals. Many people believe Licensed Athletic Trainers only work with athletes. This is a common misperception as athletic trainers are found anywhere people are physically active. Athletic training encompasses prevention, diagnosis, and intervention of emergency, acute and chronic medical conditions.

Since the School District of West De Pere is promoting physical activity for its entire insured population, athletic training services are now **available onsite throughout the district beginning Wednesday, December 5.**

#### **Monthly Pain & Injury Prevention Clinic Hours**

- 1st Wednesday, 10:15 am-12:15 pm, Middle School
- 2nd Wednesday, 10:15 am-12:15 pm, Westwood Elementary
- 3rd Wednesday, 10:15 am-12:15 pm, District Office
- 4th Wednesday, 10:15 am-12:15 pm, Hemlock Elementary
- Each Monday, 10:15 am-12:15 pm, High School Onsite Clinic

#### **Additional Opportunities to Utilize Athletic Training Services:**

- Are you experiencing a pain or discomfort while you are exercising?
- Training for a run or marathon and want to prevent an injury?
- Have an orthopedic related injury that is giving you some pain?
- Want an assessment on a pain or injury you may have?
- Looking for some exercises or stretches?

**To schedule an appointment, call 24/7 Nurse on Call at 1-800-528-7883.**  
Walk-ins are welcome and based on availability.