

## WHAT IS SEASPAR?

SEASPAR (the South East Association for Special Parks And Recreation) is a special recreation association that serves residents of twelve communities in DuPage and Cook Counties.

## WHAT IS HOME FRONT HEALTH?

Home Front Health is a veterans wellness program offering disabled veterans fitness passes to either the Downers Grove Park District (4500 Fitness), or the Lemont Park District (The CORE). The program includes one free annual fitness pass for the veteran and a second free annual fitness pass for a companion of the veteran's choice. The guest must be the same person each visit and must be accompanied by the veteran each time they use the facilities.

## HOW DO I QUALIFY?

In order to qualify for Home Front Health, the following must be met:

### 1. RESIDENCY

Veteran must be a resident of either Downers Grove or Lemont

### 2. DISABILITY RATING

Veteran must have at least a 10% disability rating from the VA that was acquired during their time in the military

### 3. DISCHARGE STATUS

Veteran must have been honorably discharged from the military

Veterans who meet all qualifications are eligible for the Home Front Health program. Look inside this brochure to learn about benefits and how to apply.



**HOME FRONT  
HEALTH**

**WHERE INNER STRENGTH  
IS ONLY THE BEGINNING**



4500 Belmont Road  
Downers Grove, IL 60515

**Serving the residents of:**

Village of Brookfield • Clarendon Hills Park District  
Darien Park District • Downers Grove Park District  
Village of Indian Head Park • Park District of La Grange  
Community Park District of La Grange Park • Lemont Park District  
Lisle Park District • Village of Western Springs  
Westmont Park District • Woodridge Park District



630.960.7600 • TRS 711

[SEASPAR.org](http://SEASPAR.org)



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HEALTH**

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## MEMBERSHIP LOCATIONS



### 4500 FITNESS

Downers Grove Park District

4500 Fitness is a 5,200-square-foot, full-service fitness facility with three group exercise studios.

#### Location

4500 Belmont Rd.  
Downers Grove, IL 60515

#### Hours

M-F: 5:00 am – 9:00 pm  
Sa-Su: 7:00 am – 6:00 pm



### THE CORE

Lemont Park District

The CORE is a state-of-the-art fitness facility which houses over 100 pieces of the most innovative fitness equipment and has free weights available.

#### Location

16050 W 127th St.  
Lemont, IL 60439

#### Hours

M-F: 5:00 am – 9:00 pm  
Sa-Su: 7:00 am – 5:00 pm



## MEMBERSHIP BENEFITS

### FITNESS PROGRAMS

- An annual pass to the Downers Grove Park District's 4500 Fitness or Lemont Park District's The CORE (membership depends on residency).
- A second annual pass for a companion (when accompanying member).
- Eight personal training sessions with a Certified Inclusive Trainer.
- Four additional personal training sessions for referrals to the program.

### SOCIAL PROGRAMS

Home Front Health members have access to social events exclusive to members. Social events include member meet-and-greets, family events, and more.

#### QUESTIONS?

Speak with a SEASPAR representative by calling 630.960.7600.

## READY TO JOIN?

If you qualify for the Home Front Health program, membership is only a few steps away.

### 1. COMPLETE AN APPLICATION

#### Online

Home Front Health program applications can be completed online at [seaspar.org/home-front-health](https://seaspar.org/home-front-health).

#### In-Person

Printed applications are available at our office at 4500 Belmont Rd. in Downers Grove, or a copy can be downloaded at [seaspar.org/home-front-health](https://seaspar.org/home-front-health).

### 2. PROVIDE SUPPORTING DOCUMENTS

You will need to provide proof of residency, disability rating, and discharge status. Documents can be submitted at the time of application for online registrations.

### 3. ENJOY

Once your application is processed, you'll be ready to take charge of your own journey with a Home Front Health membership.

SCAN TO APPLY ONLINE

