

# **What to Expect on your Visit to the CLEAR Scoliosis Clinic:**

*A Guide to Help You Make the Most  
out of your Experience at our Office*

## **Travel, Lodging, & Transport**

The CLEAR Scoliosis Center of the Tri-States is located at 3219 Asbury Road in Dubuque, IA 52001. When you arrive in Dubuque, we recommend that you travel to the clinic first to familiarize yourself with its location (to ensure a timely arrival on your first appointment) then proceed to your hotel from the clinic.

Dubuque, Iowa is located in the Tri-States. This is where Iowa, Illinois and Wisconsin all join together, so you have the luxury of experiencing all three states. Dubuque is also located on the Mississippi River. Our office is roughly 25 miles from Galena, IL, which is a very well known tourist town. We recommend you take advantage of your free time enjoying the sights and scenery around this beautiful part of the country.

The Dubuque airport is roughly a 15-minute drive from the clinic and has American Eagle airlines which offers jet service to and from Chicago O'Hare International Airport. This airport also offers rental car service if necessary.

**Hotels & Lodging:** We recommend patients to stay at Holiday Inn Express & Suites Dubuque – West. This hotel provides any patient receiving treatment at our clinic a discounted rate on their stay. They are only two short miles from the clinic and are located at 2080 Holliday Dr, Dubuque, IA 52002. Their contact phone number is 563-556-4600. When making reservations, please mention you are a patient at CLEAR Scoliosis Center of the Tri-States. They offer a gym/fitness center, free wi-fi, indoor pool & whirlpool, free hot breakfast and discounts to many local restaurants. However, if you choose to stay at another hotel, there are many located in and around the Dubuque area.

## **Meet the Doctor**



**Dr. SuYen Chong** is a 2005 Palmer College of Chiropractic Alumni with a Doctorate in Chiropractic and a Bachelor of Science degree. Dr. Chong has been utilizing the CLEAR Scoliosis Institute treatment protocols since 2006. Following graduation from Palmer College of Chiropractic, she practiced in the Chicagoland area for two years. In 2008, she became an associate doctor alongside Dr. Dennis Woggon at the St Cloud Chiropractic Clinic and CLEAR Scoliosis Center of Saint Cloud, Minnesota. Dr. Dennis Woggon is the founder of CLEAR Scoliosis Institute and teacher for all CLEAR Scoliosis Clinics worldwide. Dr. Chong worked at the CLEAR Scoliosis Center in St. Cloud with Dr. Dennis Woggon for 7 years. Due to an illness in her family, Dr. Chong moved to and opened a clinic in Dubuque, Iowa in 2014. She has had the opportunity to work with many scoliosis patients with great success. Dr. Chong also co-authored the article “Developing a Scoliosis-Specific Chiropractic Protocol” in the American Chiropractor magazine in 2013. She has helped mentor many of the CLEAR Scoliosis Institute

doctors and continues to be active in the teaching process established by CLEAR Scoliosis Institute.

### **Clinic Schedule**

Our office hours are 9:00 am – 5:00 pm on Monday – Friday and 9:00am – 12:00pm on Saturday by appointment.

Your treatment times will be at 9:00 am and 1:00 pm Monday through Friday and 9:00 am on Saturday. It is important to be on time for all treatments. If you are going to be more than 15 minutes late for your appointment, please call our clinic at 563-556-4040.

A typical treatment visit lasts roughly 2 - 2 ½ hours; the reason this varies is due to the fact that different patients have specific & unique spinal presentations, and our treatment plans are customized to their individual needs. We recognize that some patients may occasionally require additional time or attention; however, there is never any charge for these supplementary therapies, and every patient can expect to receive the same excellent level of care & service in all aspects of treatment.

It can be difficult to predict exactly when your treatment session will end on each day. A good estimate is that you can expect to be completed with your care roughly 2 - 2 ½ hours after you arrive, although this is only an approximation.

### **What to Wear & Bring to the Clinic**

The ambient temperature of our clinic is maintained at 70 degrees Fahrenheit (23 degrees Celsius). Your core temperature may fluctuate from the more active therapies to the less active therapies, so please layer appropriately if you become warm or cold easily. Please dress comfortably and casually; T-shirts and sweat pants or gym shorts are the preferred attire. Jeans, button-up shirts, and articles with excessive bangles or ornamentation are not recommended. Also, please do not wear high-heels or flip-flops. For ladies, we recommend that you wear a sports bra (no underwires), and please remove all piercings before coming in for treatment (x-rays will be taken on your first and last day of treatment, and in the interim as required per individual patient need).

On the first and last day of treatment, posture grid pictures will be taken that require your back to be exposed. **We request you bring your own bathing suit** that allows us exposure to your back/spine in order to best analyze your posture.

Our patients are encouraged to bring iPods and other similar portable entertainment devices (with headphones). We provide complimentary Netflix & Hulu Plus access. Parents are welcome to bring books, laptops, and other electronic devices; free wireless access is provided to all of our patients.

We encourage patients to carry bottled water with them during treatment as the vibration therapies can cause some dehydration. It is important to increase water intake to promote their spinal health and decrease any residual muscle soreness during or after treatment.

### **An Important Note about Patient Privacy & Confidentiality:**

The purpose of the CLEAR Scoliosis Center of the Tri-States is two-fold: first and foremost, we strive to provide the best possible care to all of our patients. Secondly, we are committed to the advancement of research into CLEAR Scoliosis Institute's method of scoliosis treatment. If at any time, you feel your privacy is not being addressed, please bring this to the attention of the doctor.

### **About Our Methods**

Many of our patients arrive for their first day of treatment very well informed about every aspect of the CLEAR protocols – informally termed, “Mix, Fix, Set.” We also like to provide a brief overview of every step of the treatment to help provide patients with an example of a typical treatment session, so they know what to expect and can prepare accordingly.

The new patient paperwork can be found online at [www.CLEARscoliosisCenterOfTheTriStates.com](http://www.CLEARscoliosisCenterOfTheTriStates.com). On this web page, there is a tab titled “New Patients” and a drop down menu that says “Patient Forms”. We request you print out these forms ahead of time and send them to our clinic before your visit or bring them filled out with you when you arrive. This website also has a lot of information regarding the treatment that we do and how it is effective in regards to scoliosis. Also, please visit [www.clear-institute.org](http://www.clear-institute.org) for educational research as well as links to a scoliosis forum and the CLEAR Scoliosis Institute Facebook page.

After a consultation with our doctor reviewing past medical history and background scoliosis information, we will perform a comprehensive physical examination. The purpose of this exam is to maintain standards of care, collect data that may be used for research purposes, and ensure that the patient will not have any trouble tolerating any of the therapies and procedures utilized in our clinic. The physical examination includes posture pictures, various orthopedic tests designed to test your neuro-musculoskeletal function, balance & proprioception, scoliometer measurements, spirometry, and a neurological exam. After this, a series of precision x-ray views are then obtained which will provide us the information needed to best adjust your spine and formulate a specific spinal exercise regimen customized to your spine and your x-rays.

Lastly, before you leave your Monday morning session, we will review with you your x-ray findings. When you return at 1:00 pm Monday afternoon, we will review our report of findings with you and explain the importance of chiropractic. During this time, we will go over your spinal findings, our recommendations for care, dietary recommendations, specific spinal isometric & scoliosis stretching exercises, and you will then commence to your first treatment session.

Every treatment session begins with the patient signing in at the front desk. Then, the “Mix” stage of the process begins with the Active Rehabilitation Chair (a.k.a., the “Wobble” Chair). This is a seat mounted on a pivot that improves range of motion while stretching muscles, raising the core temperature, and increasing spinal flexibility to prepare the spine and enhance the effectiveness of all subsequent therapies.



The next phase in the warm-up or “Mix” stage is the Vibrating Traction or V/T.

Research conducted by scientists specializing in spinal biomechanics found that certain vibrational frequencies have the effect of relaxing the tendons, ligaments, and intervertebral discs. This vibration is very beneficial in treating scoliosis, due to the “bow string” effect of the ligaments & tendons and the disc wedging that occurs in the concavity of the curve. The patient lies down with the V/T under their neck or low back, and a gentle vibration is transmitted to the spine. Most patients find this therapy very relaxing!



After the V/T, the cervical traction unit is used to help traction the spine and restore the natural sagittal (front-to-back) curves of the spine. It is essential to restore the normal biomechanics of the spine in order to reduce the overall severity of the scoliosis. The cervical traction consists of two pieces, a curved piece, which is placed behind the neck, and a straight piece that goes under the chin. While standing, the patient bends their knees, and applies a gentle pressure to the head to traction the spine. This is done repetitively 100 times.



Next is the Core Muscle Stimulator. This form of percussive massage therapy



(tapotement) has been FDA-approved since 1988, and it is extremely effective in relaxing the core postural muscles that are often tight and guarded due to the scoliosis. We have collected hundreds of pages of research on this method, and it has been proven to be 68% more effective in reaching the deep muscle groups. A 30 second use releases muscle tension by as much as 65%. This method is widely used by physical

therapists and rehabilitation experts, and is also employed by many professional sports teams. Core muscle stimulation is very safe, and, while it can be challenging to the patient (as we are targeting muscles that are often overworked and sore), it produces no more discomfort than a deep tissue massage. Many of our patients report improvement in their sleep habits and decreased muscle pain after this therapy.

Once the soft tissues of the spine are relaxed, we begin mobilization of the fixed portions of the spine using an Eckard Motorized Flexion/Distract table. The lower half of this table moves slowly up and down, which alternatively stretches and relaxes the spine, and improves spinal



health & segmental motion, especially in the wedged discs and other areas of the spine which are not moving like they should. The patient is placed face down on the Eckard table, which has

been customized with special scoliosis brackets & straps to induce a “mirror-image” configuration in the spine. While you are on this table, the lateral traction straps pull the spine straighter, and the repetitive lowering & raising of the bottom half of the table create a natural “pumping” action in the inter-vertebral discs, promoting spinal health and increasing spinal motion. In order to achieve the best possible correction, these straps are secured very tightly, which may be mildly uncomfortable, but the soft leather pads are incapable of causing injury. It’s important to understand that treating scoliosis effectively requires the spine to be placed in a position which it does not normally assume; the less we are able to stretch the spine towards the opposite direction, the less the soft tissues (muscles, discs, ligaments, & tendons) will re-model and change, and the “rebound” effect of these tight muscles & ligaments will decrease the permanence of the achieved correction.

The last “Mix” procedure is a Mechanical Drop Piece (MDP). This piece of equipment utilizes the same frequency of vibration as the V/T, but the two pieces of equipment have unique functions. The V/T applies primarily to the cervical & lumbar spine in the sagittal dimension, treating the loss of the normal spinal curves in these areas. The MDP affects the thoracic and pelvic spine in an axial/coronal plane, addressing translation and rotation. The MDP uses a large fulcrum to affect larger spinal angles and uses more force and greater displacement to affect the massive ligaments of the pelvic girdle reducing the rotation of the sacral base and pelvis. The benefits will be most apparent in patients with a great deal of pelvic rotation.



The second part of the treatment is the “Fix” stage. This consists of specific chiropractic adjustments, performed with the aid of precision adjusting instruments and drop pieces. All of the adjustments are performed based upon the analysis of your specific x-ray configuration, and are specific & unique to each patient. This precision adjusting technique is different than the traditional adjustments performed in the majority of chiropractic clinics; because of the great deal of time required to master & apply this technique, it is used by only the most advanced chiropractic spinal specialists.

The last stage of treatment is labeled the “Set” phase. It is a combination of exercise therapies designed to strengthen the postural muscles responsible for maintaining the achieved correction.

Spinal weighting & whole-body vibration therapy combine to re-train the brain’s patterns of walking, standing, and relating to gravity. This active re-training process is a vital component of ensuring long-term results.



The Scoliosis Traction Chair combines traction with de-rotation and lateral traction to create a mirror-image position of the scoliotic spinal configuration. Whole-body

vibration is used simultaneously to help the body erase its old programs and patterns of behavior, and re-train the brain and body to work together to achieve lasting correction.

## Compliance & Commitment

*“The patient must combat the disease alongside the physician.”*

-Hippocrates

At the CLEAR Scoliosis Center, our immediate objective is to effect a measurable reduction in the severity of all of our patients’ scoliosis during their time in the clinic. To date, we have never failed to achieve this goal. However, it must be recognized that scoliosis care is a lifetime commitment, and the degree of permanence of the results we achieve depends greatly upon your degree of participation & commitment with the mandatory follow-up protocols. With proper dedication to these protocols, you have the best opportunity to get the most out of your time in the clinic after you leave. It is of the utmost importance that all of our patients understand that their journey is not over when their time in our clinic is up; rather, the true journey towards optimal spinal health is just beginning. **Patients who do not follow their prescribed home rehabilitation and exercise therapies should expect to lose the correction they achieve in the clinic, and, due to the time we have spent relaxing the spinal soft tissues in order to achieve that correction, in the absence of any efforts on the part of the patient to stabilize & solidify the soft tissues, their scoliosis may in fact progress to a point worse than before.** Our methods are an active process, and require your compliance & commitment. Patients who cannot dedicate themselves to taking responsibility for their spinal health should consider pursuing traditional, passive methods of scoliosis treatment such as bracing & surgery.

## Patient Expectations

To encourage an uplifting environment of fellowship and moral support, the atmosphere at the CLEAR Scoliosis Center of the Tri States is open therapy rooms and semi-open adjusting rooms. We believe all patients have a much more positive experience when they maintain a good attitude with other patients, clinic doctors and clinic staff. We encourage you to take the opportunity to share your positive experiences with other patients. If there ever is a problem or question regarding your care, we ask that you request a time to speak with the doctor about your concerns. We do not allow patients to advise other patients on their treatment as each patient’s specific needs are different and treatment protocols may not be similar. We ask for full cooperation with clinic staff so that we can serve you best. Please be respectful to all clinic staff, doctors and clinic property.

## Understanding the Follow-Up Protocols

After the completion of your Intensive Care Treatment at the CLEAR Scoliosis Clinic, you will be provided with a Specific Spinal Isometric Exercise regimen that has been custom-designed for your unique spinal configuration. These exercises must be done twice a day for ninety days to develop the muscle physiology that is necessary to maintain the achieved correction. Because any lost momentum cannot be regained, it is absolutely imperative that these exercises be performed regularly, and – just as important – correctly. For this reason, we teach all patients their exercises on Day 1 and review them throughout their treatment as well as provide all of our patients with Instructional DVDs that demonstrate the correct performance of each exercise (there is also a version of this DVD which can be downloaded onto an iPod, iPhone, or similar electronic device). The time required to do the exercises varies from patient to patient, but each session averages around 10 to 20 minutes.

There will also be Spinal Weighting Protocols that you will need to follow. The purpose of the Spinal Weighing is to re-train your cerebellum & your subconscious mind to follow new patterns of standing, walking, and relating to gravity; this is every bit as important as the active stimulation of the muscles achieved by the exercise regimen. The individual weighting protocols that will be used in your specific case will be assigned during your time in the clinic, and may include weights that are placed on the forehead, shoulders, hips, or around the torso. The purpose of these weights is to correct your posture, placing your body into a “mirror-image” configuration. We then have you balance on an Air Disc with your specific spinal weighting recommendations to improve your balance & proprioception. During your time in the clinic, you will be provided with the spinal weights you need (the cost of this equipment is included in your fee), and asked to wear these weights for 20 minutes, twice a day, and set up an area at home where you can perform these balance exercises daily (preferably near a television). Once you return home and the patient is set up with their spinal weighting, pictures will need to be taken from the front, side, and back, and emailed to us so we can ensure that the patient is responding to the weighting system correctly and the at home set up is correct.

The final component of the CLEAR Scoliosis Rehabilitation Follow-Up Protocols is the Scoliosis Traction Chair, or STC. Designed to be the ultimate tool in addressing the three-dimensional deformities that occur in scoliosis, the STC combines spinal un-weighting, de-rotation, and lateral traction to correct the spine in all three planes. The vibration therapy built-in to the chair also ensures stimulation of the neuromuscular pathways to solidify the spinal correction achieved in the chair and activates increased bone formation to reverse the vertebral wedging that occurs in the scoliotic spine. Because these changes are a long-term process, patients with severe scoliosis (over 25 degrees) are required to purchase a Scoliosis Traction Chair for home use and utilize this therapy for two 30-minute sessions every day. The patient & family members will be provided with detailed instructions of how to set up the Scoliosis Traction Chair for the patient’s specific spinal configuration, including pictures and/or videos. Once you return home and the patient is set up in the STC for the first time, pictures will need to be taken from the front, back and both sides then emailed to us so we can ensure that the patient is being positioned correctly. **Improper positioning in the Scoliosis Traction Chair, or failure to adequately tighten the ratchets enough to alter the position of the spine may adversely affect the long-term outcome of your care.** Be sure you understand exactly how

you are set up in the STC and that all of your questions are answered before you leave the clinic. Remember, your results depend upon your active involvement & participation!

### **For Parents & Family Members**

On the first day at the clinic, we highly recommend that all family members be present for the initial consultation, examination, and the first treatment session. Because of the active nature of our system of scoliosis treatment and the high degree of compliance involved, we find that our patients receive the best possible results when they are supported and encouraged from every side. This is also an opportunity for every member of the family to ask the questions they may have about scoliosis or the CLEAR treatment protocols.

By the third visit (Tuesday morning), our patients have developed a sense for the office flow and understand where to begin and where to go next after each treatment station. At this point, we encourage family members to either sit in the waiting area provided or enjoy activities listed in the section Recreation / Things to Do in the Tri States and enjoy the sights & experiences offered by the Tri States area, as it is very important for the patient to accept an attitude of empowerment over their scoliosis and responsibility for the correction of their own spine. Additional consultations with family will be given as progress occurs. We will notify parents, if needed, of consultation times as they are warranted.

If you are the parent of a young child who is being treated at the clinic, and would prefer to be present throughout the duration of treatment, we offer a waiting room with free wi-fi access. However, please be respectful of the environment in the clinic. We prefer that mobile phones be turned off or that calls be taken outside. Because our clinic utilizes an open therapy area to allow us to supervise our patients at all times, noises & conversations can travel, and we strive to do our best to maintain a peaceful & calm atmosphere for our patients. Also, please be respectful of the privacy & confidentiality of all of our patients.

### **Addressing Questions about X-Rays**

- **Are X-rays Safe?**

Many parents & patients have concerns about the amount of radiation exposure associated with scoliosis treatment. Please be assured we use x-ray technologies that are significantly safer, and more clinically applicable than traditional full-spine radiography.

The x-rays that are taken by our doctors at the CLEAR Scoliosis Clinic expose the patient to significantly less radiation than a standard full spine film. According to the American Nuclear Society ([www.ans.org](http://www.ans.org)), the average person is exposed to roughly 300 mR of naturally occurring radiation every year. The seven "spot" views of the spine that are taken at the CLEAR Scoliosis Center total 295 mR. By comparison, a single full spine film generally taken at a traditional medical doctor's office exposes the patient to 300 to 400 mR of radiation. The reason that a full spine film is so much greater is because the strength of the x-ray beam must be turned up to

adequately penetrate all of the patient's tissues. In addition, the phenomenon of "scatter" causes x-ray penetrance to decrease as the film size becomes larger; this is why a small "spot" view is significantly less dangerous. X-rays in truth are one of the least dangerous diagnostic procedures used in medicine today, but suffer the greatest concerns about exposure. In comparison, CT scans expose the patient to 8,000 to 31,000 mR of radiation.

Today's x-ray machines are a thousand times safer than the devices used in the past, for which a documented increased risk is published. Recent studies conducted on post-1980 devices find only a minimal risk, compared to pre-1970's, which found a significant risk. The x-ray technologies in use in the 21st century are even safer. According to the most current scientific literature, the risks of living with scoliosis are significantly worse than the risks of radiation exposure.

- **Can we use my old x-rays?**

The seven spot views taken by a CLEAR doctor are designed to provide the doctor with specific information about the biomechanical factors that are influencing the scoliosis in that specific patient's case. Every scoliosis is unique - it's impossible to design a "one-size-fits-all" exercise program that will work for every patient, or develop one "magic" chiropractic adjustment that corrects every patient's posture. Only through objective precision x-ray analysis can the exact biomechanical factors involved in a specific case of scoliosis be identified. Then, everything - the exercises, the adjustments, and therapies - is designed around that patient's specific spinal configuration. The information in these x-rays gives us the knowledge we need to make effective clinical decisions that will give the patient the best possible results. The clinical purpose of these x-rays is clearly very different than a standard full-spine view, which is taken only to measure the Cobb Angle.

In order to ensure objectivity and uniformity in our x-ray analysis, only x-rays that have been taken by a CLEAR-certified Scoliosis Treatment Center can be used in the course of care.

Further x-ray information will be provided upon your request.

### **Ordering your Scoliosis Traction Chair**

If you know you will need the Scoliosis Traction Chair as a part of your Follow-Up Protocols (it is typically prescribed for home use when the scoliosis is in danger of nearing surgical thresholds – 25 degrees or beyond), we will go over the ordering paperwork and information with you once you arrive. The chair will need to be ordered within the first week of care to ensure its delivery by the time you arrive back home following treatment. For the absolute best results, it is imperative that the STC be used the first day after treatment, and every day thereafter, for two 30-minute sessions daily.

The Scoliosis Traction Chair is shipped from Central Minnesota, and typically takes 3-5 days to ship anywhere in the continental U.S. International shipping time varies, but may be as much as 7 to 10 days; please take this into account in the timing of your order.

The therapeutic benefit of the Scoliosis Traction Chair depends heavily upon the specific vibrational frequency of the motor. This frequency in turn depends upon the electrical frequency (the Hertz, or Hz) of the region. A STC that is designed for the U.S. (60 Hz) will operate at a frequency that is one-sixth lower if it is used in a region that operates on 50 Hz. It is important to understand that transformers only affect the voltage of the incoming current, and will not be effective in maintaining the vibrational frequency (and this the benefit) of the STC.

For this reason, all international STC orders are custom-built for the specific electrical frequency of the region they will be operating in. It is highly recommended that orders for international Scoliosis Traction Chairs be placed at the start of treatment allowing time for the chair to be built to the correct specifications.

**Please contact Vibe For Health at (866) 520-4270, extension 1, or e-mail [care@vibeforhealth.com](mailto:care@vibeforhealth.com) to arrange the purchase of the Scoliosis Chair.**

### **Questions about Billing & Payment**

When you first arrive at the clinic, please be prepared to render payment in full. By removing the financial burden from the equation immediately, we can focus exclusively on providing the best possible care to the patient.

Please note that the primary care provider must complete the initial examination before we can prepare a detailed invoice and you can always expect to receive a complete account of all charges before treatment is completed.

The CLEAR Scoliosis Clinic is considered an Out-of-Network Provider for all insurance companies; this is due to the fact that signing a contract with an insurance company to participate in their network would grant them the right to limit the number of visits we could provide to our patients. Typically, an insurance company will cover 70% to 80% of the services provided by an In-Network Provider, and around 60% of the services provided by an Out-of-Network Provider; however, this is only an estimate. For specific information about your coverage, we recommend that you contact your insurance company and ask about your benefits in regards to Out-of-Network Providers and chiropractic care.

In addition to the required paperwork, our clinic provides support & service to help you bill your insurance company and receive reimbursement for your care. However, we will not bill your insurance company directly.

We can also provide you with support & assistance in billing your insurance company for the Scoliosis Traction Chair. Please note that not every patient will receive compensation from their insurance company for the STC; however, we can provide you with numerous supporting documents & research articles which will increase your chances of receiving reimbursement. The Intensive Care Treatment fee will cover the cost of all adjustments, therapies, x-rays, home rehab equipment, nutritional supplements, and exams performed in the clinic. It does not include the cost of the STC, or any diagnostics or treatment recommended by but performed outside of our clinic (e.g., MRIs).

## **Map of the Area and nearby attractions**

For your convenience, we have provided a map of the area surrounding our clinic, along with the locations of several popular restaurants. We also recommend visiting [www.cityofdubuque.org](http://www.cityofdubuque.org) which will list several parks and recreational things to do on your off-time. Please take advantage of our beautiful atmosphere.



### **RESTAURANTS**

- A) Ichiban Steakhouse & Sushi Bar - 3187 University Ave, Dubuque, IA 52001 (563) 845-0698
- B) Happy Joe's Pizza & Ice Cream - 855 Century Dr Dubuque, IA (563) 556-0820
- C) Fried Green Tomatoes 213 N Main St., Galena, IL 61036 (815) 777-3938
- D) Catfish Charlie's Seafood - 1630 E 16th St, Dubuque, IA 52001 (563) 582-8600
- E) Vinny Vanucchi's Little Italy 180 Main St., Dubuque, IA 52001 (563) 588-9600
- F) Pepper Sprout - 378 Main St., Dubuque, IA 52001 (563) 556-2167
- G) Los Aztecas Mexican Restaurant - 2700 Dodge St., Dubuque, IA (563) 584-0212

## RECREATION

### Eagle Point Park

2901 Shiras Ave  
Dubuque, IA 52001



### Dubuque Arboretum & Botanical Gardens

3800 Arboretum Dr.,  
Dubuque, IA 52001



### AMC Theaters

2835 NW Arterial,  
Dubuque, IA 52002



### National Mississippi River

Museum – 350 E 3rd St,  
Dubuque, IA 52001



### Cherry Lanes Bowling

(inside Diamond Jo Casino)  
301 Bell St, Dubuque, IA 52001



**Mines of Spain**

8991 Bellevue Heights  
Dubuque, IA 52003



**Crystal Lake Caves**

6684 Crystal Lake Cave Rd  
Dubuque, IA 52003



**Chestnut Ski Resort / Alpine Slide**

8700 W Chestnut Mountain Rd  
Galena, IL 61036



**Kennedy Mall**

555 J.F. Kennedy Road  
Dubuque, IA 52002



**Fenelon Place Elevator**

512 Fenelon Place  
Dubuque, IA 52001



We look forward to meeting you in person!