

The Mother Well Conference Recognizes West Suburban Wellness as \$1,000 Maple Sponsor

April 13, 2026

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West Suburban Wellness was recognized for their \$1,000 Maple sponsorship to The Mother Well Conference. The event scheduled for April 25, 2026, at Abbington Banquets in Glen Ellyn, Illinois. The practice will participate as an exhibitor during the free public expo portion of the event, which runs from 9:00 a.m. to 2:30 p.m.

The \$1,000 Maple Sponsorship of The Mother Well Conference allows West Suburban Wellness to participate in a gathering dedicated to women journeying through every season of motherhood, from pre-conception through the college years and beyond. The event features speaking sessions from 8:30 a.m. to 2:00 p.m. and a free public expo from 9:00 a.m. to 2:30 p.m. The conference creates space for information exchange on topics such as pregnancy, birth, postpartum care, childhood development, and holistic wellness approaches.

The recognition by The Mother Well Conference as the \$1,000 Maple Sponsor provides an opportunity for the team to engage with attendees seeking resources for family health in a community setting, said Dr. Timothy C. Weselak, D.C., C.C.W.P., founder of West Suburban Wellness.

West Suburban Wellness operates as a family chiropractic practice that opened its doors in Lombard in May 2005. Dr. Timothy C. Weselak, D.C., C.C.W.P., founded the clinic after beginning his professional career in downtown Chicago and returning to his hometown. Born and raised in Lombard, Illinois, Dr. Weselak attended Glenbard East High School, where he played on the baseball team as a pitcher. Midway through one season, he developed severe pain in the front of his right shoulder. The pain intensified, preventing him from throwing the ball across the infield or pitching. He tried ice, heat, topical applications such as Icy Hot and Sportscreme, and Tylenol, but none of these measures provided relief.

His father, who had received chiropractic care for several years, recommended a visit to a chiropractor. The

evaluation included a thorough assessment of the right shoulder and the entire spine, encompassing the neck, middle, and lower back. The chiropractor identified a slight tendon strain in the shoulder area along with misalignments of the vertebrae, referred to as subluxations, in the neck that placed pressure on nerves controlling the shoulder. A course of chiropractic adjustments and prescribed exercises for the neck and right shoulder followed. Dr. Weselak reported returning to pitching pain-free within a couple of weeks without medication or surgery. This personal outcome prompted him to research chiropractic principles further, including the philosophy regarding the body's inborn ability to heal itself.

The experience guided his educational path. Dr. Weselak attended the University of Illinois at Urbana-Champaign before enrolling at the National College of Chiropractic. He graduated in 2000 with a Doctor of Chiropractic degree. He obtained certification as a Certified Chiropractic Wellness Practitioner and completed training in ICPA Pediatric Adjusting Techniques. He holds diplomate status with the National Board of Chiropractic Examiners.

Dr. Weselak has contributed to the profession through leadership roles. He serves as president of the Illinois Prairie State Chiropractic Association. He received the IPSCA Chiropractor of the Year award for 2021-2022 and the IPSCA Beacon of Light Award in 2021. He also maintains membership in the Lombard Chamber of Commerce.

The clinical team at West Suburban Wellness consists of four doctors of chiropractic. In addition to Dr. Weselak, the group includes Dr. Carolyn Spadafino, Dr. Vito Spadafino, and Dr. Matt Greenberg. Dr. Carolyn Spadafino focuses on pediatric and perinatal chiropractic care.

The practice addresses conditions that patients commonly report, including neck pain, back pain, sciatica, pain associated with herniated discs, pinched nerve symptoms, headaches, migraines, scoliosis, shoulder pain, hip pain, and fatigue. Care extends to issues linked to pregnancy, arthritis, and sports injuries. Pediatric services apply gentle adjusting techniques suitable for children. Prenatal care addresses common discomforts during pregnancy. Approaches for senior patients support mobility and related concerns.

Services include spinal adjustments, soft tissue therapy, massage therapy, physical therapy, custom therapeutic exercises, and lifestyle counseling. The framework considers spinal alignment in relation to nervous system function, consistent with chiropractic training. Individualized care plans develop from detailed patient evaluations.

West Suburban Wellness has provided chiropractic services in the Lombard area for more than 20 years. The family practice emphasizes natural techniques centered on spinal care for patients of all ages. With a team of four doctors, the clinic delivers coordinated care based on thorough assessments.

The sponsorship reflects the practice's continued involvement in local events that support family wellness initiatives. Attendees at the expo can visit the West Suburban Wellness exhibit to learn about the services available in the region.

As president of the Illinois Prairie State Chiropractic Association, the emphasis remains on professional standards applied in daily operations at West Suburban Wellness, said Dr. Timothy C. Weselak, D.C., C.C.W.P.

The practice maintains operations through scheduled appointments and personalized plans. Its recognition as the \$1,000 Maple Sponsor by The Mother Well Conference represents ongoing engagement with community initiatives that connect health resources with families in DuPage County and surrounding areas.

West Suburban Wellness functions as a family chiropractic practice established in Lombard in 2005. The clinic applies techniques focused on spinal alignment and nervous system considerations for individuals across all age groups.

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For more information about West Suburban Wellness, contact the company here: West Suburban Wellness Dr. Tim Weselak (630) 629-9500 info@westsuburbanwellness.com 1127 S Main St Lombard, IL 60148

West Suburban Wellness

We provide families, adults and children (we specialize in pediatric care) the highest level of natural chiropractic care with modern technology and excellent customer service.

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