Date: February 14, 2017
To: Planning and Zoning Commission
From: Jon Branham, Senior Planner
Subject: Special Use to Allow the Operation of a Medical / Dental Clinic in the B-4 Uptown Business District – Uptown Commercial Sub-District

40 North Northwest Highway
Zoning Case Number: 17-04-SU

Introduction
Uptown Station, LLC and Damen 4 Management, LLC, applicants, request a special use to allow a medical / dental clinic in the B-4 Uptown Business District - Uptown Commercial Sub-District at 40 North Northwest Highway, in accordance with the special use provisions in Section 4.6 of the Zoning Ordinance.

The following chart summarizes the land use, zoning district classification and Uptown Plan designation for the subject and surrounding properties.

<table>
<thead>
<tr>
<th>Location</th>
<th>Current Use</th>
<th>Zoning</th>
<th>Uptown Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subject Property</td>
<td>Vacant mixed use building space</td>
<td>B-4, U-Comm</td>
<td>Retail, restaurant, entertainment and pedestrian-oriented service uses</td>
</tr>
<tr>
<td>North</td>
<td>Commercial / Office</td>
<td>B-4, U-Comm</td>
<td>Retail, restaurant, entertainment and pedestrian-oriented service uses</td>
</tr>
<tr>
<td>East</td>
<td>Mixed Use Building</td>
<td>B-4, U-Comm</td>
<td>Retail, restaurant, entertainment and pedestrian-oriented service uses</td>
</tr>
<tr>
<td>South</td>
<td>Mixed Use Building</td>
<td>B-4, U-Comm</td>
<td>Retail, restaurant, entertainment and pedestrian-oriented service uses</td>
</tr>
<tr>
<td>West</td>
<td>Mixed Use Building</td>
<td>B-4, U-Comm</td>
<td>Retail, restaurant, entertainment and pedestrian-oriented service uses</td>
</tr>
</tbody>
</table>

Information Submitted by the Applicant
The applicant requests a special use to allow a medical / dental clinic in the B-4 Uptown Business District - Uptown Commercial Sub-District. The applicant plans to operate a health services facility, including chiropractic, massage therapy, and acupuncture services in the 2,095 square foot tenant space located at
40 North Northwest Highway. The applicant has provided a statement outlining details of daily expected operations as well as a proposed floor plan.

**Staff Analysis**
Staff reviewed the proposal in accordance with the Uptown Plan and the Zoning Ordinance.

**Uptown Plan**
The Uptown Plan recommendations for this area indicate that retail, restaurant, entertainment and pedestrian-oriented service uses should be located on the ground floors of buildings along Northwest Highway and Touhy Avenue in the vicinity of the six-corners intersection.

**B-4 Uptown Business District, Uptown Commercial Sub-District**
The proposed special use would satisfy all the bulk requirements of the B-4 District – Uptown Core Sub-District.

**Site Design**
The applicant plans to remodel only the interior of the tenant space for the proposed use.

**Signs**
The applicant has not submitted specific sign plans with the application. All signs must comply with Section 14 of the Zoning Ordinance.

**Traffic Circulation**
Traffic is not expected to be impacted by the proposed use. The use would generate both vehicular and pedestrian traffic.

**Off-Street Parking**
Off-street parking required for a medical / dental clinic is identified as 1.5 spaces per exam room (§12.13, Table 9). Additionally, businesses of 1,000 square feet or more within the B-4 District are permitted to account for that area over 1,000 square feet (§12.13.B). Therefore, nine spaces would be required for the proposed 2,095 square foot facility. The applicant intends for patrons and employees to utilize the designated parking areas associated with the Shops of Uptown (44 surface spaces and 287 underground spaces). There are also public street parking spaces in front of the building which can count towards off-street parking requirements in the B-4 District (§12.13.C).

**Other Department Reviews**
There is no expected increased impact on utilities, stormwater, traffic or parking from this use, as it is similar to the other existing uses in the direct area. Further review will be required as part of the building permit process.

**Uptown Development Agreement**
The Uptown Development Agreement specifies uses allowed within the Shops of Uptown. All other uses must be approved by the City Council and an agreement must be executed to offset the retail sales taxes.

**Review Standards for Special Use Recommendation and Approval**
Per §4.6.E. of the Zoning Ordinance the Planning and Zoning Commission shall not recommend a special use for approval unless it has made findings of fact—based upon evidence presented at the public hearing—to support each of the following conclusions:
1. The establishment, maintenance and operation of the special use in the specific location proposed will not endanger the public health, safety or general welfare of any portion of the community.

2. The proposed special use is compatible with adjacent properties and other property within the immediate vicinity of the special use.

3. The special use in the specific location proposed is consistent with the spirit and intent of the Zoning Ordinance and the Comprehensive Plan.

In making its findings of fact, the Planning and Zoning Commission” may inquire into the following evidentiary issues, as well as any others it determines to be appropriate:”

- Whether property values in the immediate vicinity of the special use will be diminished or impaired
- Ingress and egress to the subject property and its proposed structures, with particular attention to automotive and pedestrian safety and convenience, traffic flow and control, including access by emergency vehicles.
- Off-street parking and loading areas proposed for the special use, with particular attention to the location and adequacy of such facilities.
- The operational characteristics of the proposed special use and their effects on adjacent properties. Particular attention shall be given to hours of operation, noise, glare, odor, refuse storage and other relevant environmental factors.
- Utilities and storm drainage facilities as proposed, with reference to their location, availability, adequacy and compatibility.
- Screening, landscaping and buffering, with specific reference to the type proposed, the dimensions and character and the effectiveness in shielding adjacent properties.
- Signs and proposed exterior lighting with reference to glare, traffic safety and compatibility and harmony with adjacent properties.
- The quantity and degree of deviation from the applicable requirements of the district in which the subject property is located, as balanced against the desirability of the special use.

**Commission Review and Action**

The Commission may decide to recommend approval, approval with conditions, or recommend denial to the City Council to allow a special use for a medical / dental clinic in the B-4 Uptown Business District - Uptown Commercial Sub-District at 40 North Northwest Highway, Zoning Case Number 17-04-SU. The City Council is the final approving authority for the special use.

Prior to determining a recommendation for the proposed special use, the Planning and Zoning Commission should formulate and approve findings of fact based on the three criteria previously identified in this memo (and enumerated in §4.6.E.1 of the Zoning Ordinance). Staff has prepared potential findings of fact that the Commission may wish to consider, adopt or alter as the Commissioners deem appropriate. The suggested findings of fact are attached.

**Other**

Notification requirements for this application have been satisfied. A legal notice for the public hearing was published in the Park Ridge Herald Advocate. A sign was posted on the property. Neighboring properties were notified by mail.
Attachments

- Suggested Findings of Fact
- Special Use Application Form, dated January 9, 2016
- Special Use Submittal Package, dated January 11, 2017
- Applicant Disclosure Statement, dated January 20, 2017
- Aerial Map, prepared by staff
- Zoning Map, prepared by staff
FINDINGS OF FACT
On A Special Use Application Regarding Property at 40 North Northwest Highway
Park Ridge, Illinois

The Honorable Acting Mayor and City Council  February 14, 2017
City of Park Ridge
505 Butler Place
Park Ridge, IL 60068-4182

Gentlemen:

We transmit for your consideration a recommendation for approval/denial adopted by the Planning and Zoning Commission of the City of Park Ridge on the special use application of Uptown Station, LLC and Damen 4 Management of Illinois, LLC for a medical / dental clinic in the B-4 Uptown Business District – Uptown Commercial Sub-District, at 40 North Northwest Highway.

Following due public notice as required by the City of Park Ridge Zoning Ordinance, the Planning and Zoning Commission held a public hearing on February 14, 2017, in the City Hall Council Chambers. Upon having reviewed materials submitted by the applicants and a staff memorandum with attachments prepared by the City’s Community Preservation and Development Department, and having heard City staff comments and sworn testimony at the public hearing, the Planning and Zoning Commission deliberated and reached the following Findings of Fact:

1. That the establishment, maintenance and operation of the special use in the specific location proposed will not endanger the public health, safety or general welfare of any portion of the community, because:
   a. Traffic generated by the proposed use is anticipated to have minimal effect on the operations of the area roadway network; and
   b. The building is also occupied by professional office uses, clinics, and other service uses, and the nature of the proposed medical / dental clinic use will have no negative impact on the public health, safety or welfare of the community.

2. The proposed special use is compatible with adjacent properties and other property within the immediate vicinity of the special use, because:
   a. An adequate number of off-street and on-street parking spaces are provided; and
   b. The operational characteristics of the proposed special use and their effects on adjacent properties will be minimal and should increase the economic vitality of the area; and

3. As a pedestrian-oriented business the special use in the specific location proposed is consistent with the spirit and intent of the Zoning Ordinance and the Uptown Plan.

Respectfully,

Joseph A. Baldi
Chairman, Planning and Zoning Commission
City of Park Ridge

Attachments
Case Number: 17-04-SU

Subject Property Information:

Address: 40 North Northwest Hwy, Park Ridge, IL 60068  Zoning District: B-4

Legal Description (can attach separate sheet):
The Shops of Uptown, Park Ridge, IL, otherwise known as 40 North Northwest Hwy, Park Ridge, IL 60068

Applicant Information:

Name: Damen 4 Management of Illinois, LLC dba Aligned Modern Health
Phone: 847.962.4155
Address: 225 West Hubbard Street, Suite 302, Chicago, IL 60654
E-mail: joanna@kreskaconsultants.com

Owner Information:

Name: Uptown Station
Property Manager: Kathy Jemilo
Phone: (630) 549-5720
Address: 11501 Northlake Dr., Cincinnati, Ohio 45249

Summary of Proposed Special Use (refer to Section 4.6 of the Zoning Ordinance):

Non-Sales Tax Producing Tenant. Chiropractic and wellness center offering: chiropractic, physical therapy rehabilitation, wellness services, professional massage therapy, small-group fitness, functional medicine and clinical nutrition services

I hereby certify, as the undersigned applicant, that the above statements and attached documentation are true and correct to the best of my knowledge.

Signature of Applicant: ........................................ Date: 1/9/2016

Revised 12/2008
Business Description

Overview

At Aligned Modern Health (“AMH”), we provide the highest standard of evidenced-based complementary and integrative healthcare coupled with a 5-star experience for our patients. We help people feel better, eliminate pain, recover from injuries, improve performance, and treat many chronic conditions. Our physicians and providers deliver the highest standard of evidence based care with an integrated approach through Chiropractic Physical Medicine, Acupuncture, Functional Medicine/Clinical Nutrition, and Massage Therapy.

Our providers create personalized care plans for every patient. Our commitment to quality care and customer experience can be seen in our Yelp reviews as we are consistently one of the highest rated Wellness destinations in all of Chicago (see examples later in this submission). AMH has 8 locations in Chicago and seeks to open a suburban location in Park Ridge. Current locations are in ground-level retail sites in higher-end retail blocks in the Lincoln Square, Lincoln Park, Streeterville, West Loop (1 block from Ogilvie and Union Stations), Wicker Park, River North, South Loop, and Lakeview neighborhoods.

Our current locations are found in high-foot traffic and retail-dense areas in Chicago. We find that retail businesses are excited when Aligned Modern Health opens a clinic near them as our clinics typically generate additional foot traffic in the area when our patients come for their appointments then often shop in nearby retail afterwards. We happily take walk-in appointments, which in many cases schedule 30-90 minutes after a patient walks in our door, giving them ample time to explore nearby retail before their appointment starts. In addition to the foot traffic we generate with our patients, we actively partner with nearby retailers to cross-promote their goods and our services. Cross-promotional efforts range from hosting events in our clinics to promote new stores in an area, as we did with the launch of the Lole athletic apparel store near our Southport location (over 100 attendees), to encouraging patients to buy the right clothing and gear at a nearby retailers as they train for a marathon or other athletic events.
Days and Hours of Operation and Appointments

AMH sets its days and hours of operation based on local patient needs. Six of our clinics are open Tuesday through Saturday, while two are open Monday through Friday. All clinics have several nights where they’re open until 7:00 pm or 8:00 pm and one or two mornings where they open by 7:00 am in order to accommodate varying patient work schedules. Most patients pre-schedule appointments, but AMH happily takes walk-ins if there are openings in a provider’s schedule. Often there is a time difference between when a patient walks in to request an appointment and when a provider has an appointment available – we find that our retail-based locations provide a great opportunity for patients to shop in the area while they wait for their appointment to start. Almost 50% of our patients discover AMH by walking/driving by a clinic and then walk in or call to schedule an appointment.

For our Park Ridge site, we anticipate the following days and hours:

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, Monday</td>
<td>Closed</td>
</tr>
<tr>
<td>Tuesday, Wednesday, and Thursday</td>
<td>1:00 – 8:00</td>
</tr>
<tr>
<td>Friday</td>
<td>7:00 – 1:00</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00 – 2:00</td>
</tr>
</tbody>
</table>

We expect peak times to be before 9:00 and after 4:00 and that Saturday will be busy during open hours.

Employees and Customers

Each location employs:
- Full time clinic manager,
- Full time chiropractic physical medicine physician,
- Up to two full time chiropractic assistants
- Acupuncturist – part time or full time depending on patient demand
- Functional medicine doctor – 2-3 days per week
- Massage therapist – 2-3 days per week
- Total of up to 6 employees working at one time

We anticipate up to 50 patients per day with appointment times ranging 15 to 90 minutes, and a maximum of up to 6 patients at any one time (maximum of 10-12 customers and employees at a one time).

Square Footage

Our space plan is for approximately 2,095 square feet. Please see included space plan for the proposed layout.

Aligned Modern Health Services

Chiropractic Physical Medicine

Chiropractic Physical Medicine at Aligned Modern Health focuses on improving the biomechanics, motion, and structure of the spine and musculoskeletal system. Chiropractic care can alleviate pain, help patients recover from injuries, and optimize function in the back, neck,
legs, and other muscles and joints of the body. Our practice utilizes manual treatment methods, including: manipulation and mobilization of joints, myofascial release (clinical massage therapy), and other physical therapy techniques for the muscles and soft tissue. We incorporate therapeutic exercise programs into our treatment to stretch tightened muscles and strengthen weakened ones. Our exercise programs improve posture, core strength, flexibility, and stability. Our Chiropractic team is in network with Blue Cross Blue Shield, United Healthcare, Aetna and are participating providers with Medicare. Our chiropractic physical medicine practitioners treat a multitude of conditions including:

- Musculoskeletal Pain – back, neck, hip, knee, extremity
- Injury
- Headaches
- Athletic performance improvement
- Sciatica
- Carpel Tunnel Syndrome

Acupuncture

Acupuncture stimulates a body’s natural processes to increase blood circulation and the release of certain hormones in targeted areas so the body can utilize its natural healing abilities by activating the cardiovascular, nervous, and immune systems. Tiny needles, less than 1/10 the size of a sewing needle, are inserted into specific locations that correlate with a patient’s condition. Activating specific acupuncture points promotes blood flow, which reduces inflammation and secretes endorphins to help alleviate pain. All of our Acupuncturists are nationally board certified with a masters or doctorate in Acupuncture and Traditional Chinese Medicine (MSTOM). Our acupuncturists treat conditions including:

- Stress, anxiety, and emotional disorders
- Insomnia
- Musculoskeletal pain
- Women’s health
- Gastrointestinal and digestive disorders
- Neurological disorders
- Infertility

Functional Medicine & Clinical Nutrition

Functional Medicine is an approach to healthcare that seeks to identify and address the root cause of illness and disease. Our Functional Medicine doctors conduct thorough histories and utilize specialized diagnostic tests, including laboratory blood work. These tests allow them to understand the unique interactions between a patient’s genetics, environment, and lifestyle factors that influence health. Treatment is cooperative, both doctor and patient play an active role. Care is designed not only to relieve symptoms, but to promote and optimize wellness. Common issues that our Functional Medicine teams treat include:

- Autoimmune disorders
- Gastrointestinal and digestive disorders
- Inflammatory conditions and food sensitivities
Massage Therapy

Aligned Modern Health has an amazing team of Licensed Massage Therapists trained in a variety of therapeutic techniques, including: myofascial release, deep tissue massage, sports massage, pre- and post-natal massage, and many others. Our team recently won Best Sports Massage in the Midwest, as voted by the readers of Competitor magazine for our work on Chicago’s athletes. Our clinically trained therapists often assist in treatment prescribed by our Chiropractors, although massage-only clients are always welcome. Our massage therapist help patients with a multitude of conditions and issues including:

- Headaches
- Stress and anxiety
- Soft tissue strains or injuries
- Tightness and soreness
Special Use Standards

1. Compatible with Existing Development

Use as a retail-focused complementary and integrative healthcare provider is highly compatible with, and complementary to, existing businesses as evident in number of chiropractic clinics (5) within 1,500 feet of proposed site and established community focus of wellness, selfcare and healthy life style. Not only will AMH help draw more customers to this area as a recognized and respected destination for complementary and integrative healthcare, but provides an additional set of services for customers of existing retail establishments. We located our Chicago facilities in high-foot traffic retail blocks to both provide our clinics with high visibility and convenience, but also to provide our patients with a variety of things to do before and after appointments. We sometimes see patients come to their appointment with shopping bags since they arrived in the area early to do some shopping. We happily take walk-in appointments as well and sometimes need to schedule an appointment 30-90 minutes after someone walks into our clinic to accommodate existing appointments. This delay often means a patient enjoys area shopping while they wait for their appointment to start.

2. Lot of Sufficient Size

There will be no alterations to the exterior structure of the building in which the AMH space sits, and the lot is of sufficient size for the current structures. The proposed use will not impede the normal and orderly development and improvement of surrounding property.

3. Traffic

Given the sufficient supply of parking, providing general healthcare services in this location will not have an adverse effect on surrounding properties or traffic.

4. Parking and Access

There are approximately 360 parking spaces, 116 surface and 244 garage parking spaces open to the public for up to 90 minute of parking. The public lot will be more than sufficient for the proposed use.

5. Effect on Neighborhood

The proposed use will not be detrimental or injurious to surrounding property owners or values. Our services will be of significant value to many of his customers who become injured or who want to improve their performance in competitive events like marathons and triathlons. One of the most common recommendations we make to athletes or aspiring athletes in distance sports is to make sure they have the right footwear and condition their body in preparation for any athletic event. Always refering to local stores and vendors that can be of assistance.
6. Adequate Facilities

Adequate utilities, access roads, drainage and/or other facilities are currently being provided at this location and no changes are sought.

7. Adequate Buffering

Adequate fencing and screening is currently being provided and no changes are sought.

8. Effect on B-4 Uptown Business District

The proposed use will not be detrimental or injurious to surrounding property owners or values. Aligned Modern Health is complementary to retail districts in that its services bring new potential customers to an area on a regular basis. As seen in the over 180 5-star Yelp! reviews AMH received so far, the company is a strong draw to bring patients to an area and a world class complementary and integrative healthcare provider. We believe AMH will be a positive addition to the B-4 Uptown Business District due to its strong reputation and recognized name, high quality services, and proven ability to consistently bring 50-100+ people per week to its clinics who represent potential customers for surrounding retail stores.

Parking Study

AMH requests a waiver of a parking study since there is an approximate 360 unit parking lot with 116 surface parking spots and additional 244 spaces in the garage below.

Exterior Wall Signage

Please see attached rendering that show the proposed signage.
Exterior Wall Signage

Shown to close approximates
Fabricated 5"Deep .040 std black coil channel letters with cinched .063 aluminum backs. Translucent white #2447 acrylic faces with 1" Std black trimcap

Internally illuminated with white LED lighting, power supplies located in common raceway. **Primary electrical service location VIF**

All letters mounted to common 7"H x 4-1/2"Deep extruded aluminum raceway
Raceway & Drop Panel painted Satin Black

Raceway mounted with clip-to-clip system *See detail* to existing mounting tabs protruding from building facade

5"Deep double sided medallion internally illuminated with white LED lighting, translucent white plex faces with respective vinyl graphics applied

All returns & trimcap painted to match PMS 382C

Support arm with plate mounting to building exterior sleeved into channel letter medallion

Anchored into exterior brick wall with lag and shields

1/4" FCO acrylic letters painted Std Satin White
Mounted to common 54"W x 6-3/4"H broke formed .125 aluminum angle panel with VHB tape
Panel attached to bottom of raceway with painted tek screws
Panel painted Std Satin Black

**Colors to Match**
- Vinyl to match PMS 382C
- Secondary Copy Std Satin White
- Raceway + Panel Painted Std Black

46'-8" LN FT. FRONTAGE
46 SQ FT. MAX ALLOWANCE

PROPOSED SIGNAGE:
- 33 SQ FT MAIN SIGN
- 7.1 SQ FT BLADE SIGN

11'-0"
33-5/16"
18.6" H

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3" x 4"H x .500 Mounting tabs with existing holes to attach with #12 fastener

2" x 2" x .125 angle vertically run between (2) mounting clips

Extruded raceway with adjustable clips attached to vertically run angle brackets

Single electrical service run location VIF

.090 Aluminum panel broke to 90° attached to bottom of raceway with 1/4" FCO acrylic letters VHB taped to panel
Representative Yelp Reviews

10/14/2016 Daman G ★★★★★
After extensive research I found this office for my lower back pain (which ended up being pregnancy induced sciatica) and met Dr. Rejano. He's friendly, knowledgeable and more importantly made my life normal again! He helped with my pain and also developed an exercise schedule for maintenance therapy. I am very pleased with their service and they even gave me a going away gift since I'm moving. Very sweet, down to earth office. Would highly recommend!

10/11/2016 Mary N ★★★★★
As a novice runner, I met with Dr. Lubaway to focus on injury prevention and recovery. Throughout my marathon training, the staff at Aligned Modern Health supported me - literally. Each of my visits included personalized one on one stretching and cross-training with a physical therapist. Ryan goes beyond meeting your billing and scheduling while sharing from his own Triathlon and athlete inspiring stories. I've also taken advantage of on site massages and acupuncture for faster recoveries from weekly long runs. Since seeing Dr. Lubaway my running gait has improved to include a more balanced spring and drive. My half marathon PR went from 2:40 to 2:18 in one month. I'm excited to have Aligned Modern Health on my road to many more races to come!

9/29/2016 Kelsey U ★★★★★
Aligned Modern Health is a team of MIRACLE WORKERS. For almost 3 years I had terrible pain down the entire side of my leg. I was unable to run or really work out and could only stay standing for about 45 minutes at most before I would feel intense pain. I had seen doctors, physical therapists, everyone - and nothing worked. Then I came to Dr. Schroeder and his team and they made the impossible happen: after 2 short months I am completely pain free!! This team is positive, encouraging and truly cares about getting each and every one of their patients back to 100%. I would (and already have!) recommend anyone to Aligned Modern Health. Can’t say enough great things about this team!!!

9/26/2016 Christine W ★★★★★
I came to Aligned Modern Health a few weeks ago looking for a solution for my longtime sciatica issues and constant, dull back and shoulder pain. Never having seen a chiropractor before, I wasn’t sure what to expect. Fast forward to today, and I can say - without a doubt-- that coming here and taking charge of my health was one of the best decisions I've ever made. When you become a patient at AMH, Dr. Rejano and his professional, knowledgeable team will develop a multi-faceted treatment plan tailored to your
specific needs. While spinal adjustments are certainly a major component, therapeutic massage and physical therapy play supporting roles (if you need them). Acupuncture and nutrition are also options for treatment. Follow your plan, and you will be as good as new (or better!) by the time you finish up all of your appointments. After living with low-to-moderate pain for 13 years (yes, you read that right), I am completely pain-free today because of the amazing people I worked with on my journey back to wellness. It doesn’t matter whether your discomfort is due to poor posture (like mine was), a car accident, or a sports injury. You deserve to feel better, and it all starts with taking that first step and making an appointment. You’ll be in good hands.

9/18/2016 Danielle R ★★★★★
I sought out Aligned after having a neck issue that proceeded to become a shoulder and back issue back in July. I saw they were open at 7am and as a mother of two small children the earlier the hours the better! I got a massage one day and came back to see Dr. Ahrens the next day. Within five day of my first treatment my pain had significantly subsided. But instead of it being just a band aid solution, the team put me on a plan that included physical therapy exercises to help strengthen my weak areas to help prevent injuries in the future. Not only did they give me the exercises, but they have personal trainers there to help you practice, give feedback, and add to your exercises if they get to be too easy. They know when you haven't done them either so you're motivated to keep up the work at home! I had been to the chiropractor before and thought I knew what I was getting myself into, but I was sure surprised! The full service staff included personal trainers, massage therapists, dietitians, an acupuncture specialist, not to mention Dr. Ahrens, the chiropractor in charge. I have never experienced such a holistic approach to health and I have been to all of the above but at different locations. I highly recommend Aligned to anyone, but especially to moms! They get what having a baby does to your body and they help support you in your activities of daily living to help you be the best mom you can be without feeling like you're 100 years old! Plus even when I'm in a bad mood going to Aligned, I walk out with a good mood because everyone on the staff is so positive!

9/9/2016 Jaime G ★★★★★
Over a year ago, I was going thru a phase where I thought I was a power-lifter. I ended up throwing out my back and could barely bend past a 45° angle. Upon first seeing Dr Ahrens, I was skeptical that this petite, elegant woman would be able to fix a lunk like me. I guess I should have done my research because Dr Ahrens is a beast! She snapped, cracked and popped me (in a good way) right back into place. I still think I'm a power-lifter but I continue to push my limits because I know I can trust my health to Dr Ahrens and the entire staff at Aligned. They are extremely knowledgeable, competent and so much fun to heal with. I fully recommend them to anyone needing fixing.
8/26/2016 Jenny T 🌟🌟🌟🌟🌟
I love Aligned Modern Health (Division location)! My entire family is under the care of Dr Kasten (she's amazing!). You will never meet a better staff, I adore Shera, she is very knowledgeable, and she always answers my questions quickly, and her attention and concern for the health of my family has made me a super fan for life! I can't end this without saying how cool Aaron is! He even makes physical therapy fun :-) If I could give it more stars, I definitely would!

7/16/2016 Allie E 🌟🌟🌟🌟🌟
Stopped in this location while on a walk and I'm so glad I did! My sister and I have both suffered from headaches and migraines since high school and we finally had enough, so I figured I'd ask about chiropractic care and acupuncture. Ryan helped me set up an appointment with Dr. Lubaway first. We tried both chiropractic care and acupuncture but that wasn't fully helping so she suggested I go see their functional medicine doctor, Dr. Gemelas. I found out I had some food allergies that were probably causing all of these headaches! Dr. Gemelas and their nutritionist Olivia helped me figure out ways to adjust my diet in an easy, straight forward way. All around super caring and fun people to go see. Highly suggested!

7/7/2016 Kara B. 🌟🌟🌟🌟🌟
Today was my first time stepping into a chiropractors office, and after my great experience today, it will not be my last! I am a nurse and have low back pain from hours of lifting patients who can't lift themselves. I know, I shouldn't do it, but I do anyways. And I obviously don't lift from my legs or else I wouldn't be in this situation I find myself in, now would I? With a troublesome lower back spot for the last four months, I decided to make an appointment with Aligned Modern Health (just a few yards from my house). They were able to get me in same day……

7/5/2016 Matt L. 🌟🌟🌟🌟🌟
All the great things that people say about this place are true. Dr. Raq, Angie, Cathy and the entire staff are excellent. I started coming here in April after throwing out my lower back while tying my shoe (never get old, kids). From the get go, these guys were thorough, working with me to strengthen my lower back and relieve what was otherwise debilitating pain. I highly recommend this place if you're dealing with back pain as they'll get you back up and running before you know it.

...plus over 170 other 5-star Yelp! reviews...and counting
WELCOME TO
ALIGNED MODERN HEALTH
Core Services

CHIROPRACTIC PHYSICAL MEDICINE
At Aligned Modern Health, our Chiropractic Physical Medicine team specializes in the non-invasive treatment of musculoskeletal problems. Utilizing joint mobilization, physical rehabilitation, and soft tissue therapies, we quickly alleviate pain, treat the underlying cause of your health concerns, and help each patient progressively achieve their personal goals. The most common conditions we treat include:

- Musculoskeletal pain (back, neck, hip, knee, extremity)
- Injury
- Headaches
- Athletic performance enhancement
- Sciatica

ACUPUNCTURE
Integrating Eastern and Western practices, Acupuncture at Aligned Modern Health combines modern medicine with 2,000 years of healing tradition. Acupuncture is used as a primary form of healthcare in many parts of the world. It involves the insertion of tiny, hair-thin needles into specific points throughout the body in order to regulate pain, enhance the immune system, promote physical and psychological well being, and treat many other health conditions. The most common conditions we treat include:

- Stress, anxiety, and emotional disorders
- Musculoskeletal disorders
- Women’s health
- Gastrointestinal and digestive disorders
- Neurological disorders
- Infertility

INTEGRATIVE MEDICINE
With the patient at the center of our practice, we focus on your optimal health. No matter which service you are using at Aligned Modern Health, we take the whole person - physical, mental, lifestyle - into account to create the best treatment possible. Throughout your experience, do not hesitate to ask questions or seek additional information from your doctor or clinic manager. We are here to help.

FUNCTIONAL MEDICINE AND CLINICAL NUTRITION
Functional Medicine and Clinical Nutrition at Aligned Modern Health addresses the underlying cause of disease, examining dietary, lifestyle, genetic, and environmental factors at the root cause of your health concerns. Informed by thorough clinical and diagnostic testing, we create a truly individualized plan to help you achieve optimal health. The most common conditions we treat include:

- Autoimmune disorders
- Gastrointestinal and digestive disorders
- Inflammatory conditions
- Fatigue
- Weight related conditions
- Nervous system conditions

MASSAGE THERAPY
Our clinically trained, licensed massage therapists enhance health and well being through manual manipulation of soft body tissues. After a brief consultation, our massage therapists tailor your treatment to meet your needs, health concerns, and preferences. Common conditions we treat include:

- Stress and anxiety
- Fibromyalgia
- Headaches
- Soft tissue strains or injuries
- Tightness and stiffness

(773) 598-4387
www.alignedmodernhealth.com
Minimum Filing Requirements

The application must be completed in accordance with the provisions in Section 3.2 of the Zoning Ordinance and Section 4.6 for special uses. The application must be accompanied by the following, unless specifically waived by the Zoning Administrator.

1. **Application.** Provide all required information and the appropriate signature(s).

2. **Statement.** Provide a statement, in accordance with Section 4.6 of the Zoning Ordinance, that indicates the following: describe the nature of the special use request, including the existing and proposed use for the property; list all proposed exceptions requested as part of the special use, including references to specific sections of the Zoning Ordinance; and indicate how the special use supports each of the following conclusions (refer to Section 4.6.E.1):
   a. The establishment, maintenance and operation of the special use, in the specific location proposed, will not endanger the public health, safety, morals or general welfare of any portion of the community;
   b. The proposed special use is compatible with adjacent properties and other property within the immediate vicinity; and
   c. The special use, in the specific location proposed, is consistent with the spirit and intent of this Ordinance and the Comprehensive Plan.

3. **Proof of ownership.** Applies to the subject property or properties, consisting of a warranty deed, title certificate or title insurance verification (photocopy). If the applicant is not the owner, a signed statement by the owner must be submitted certifying acknowledgement of the application.

4. **Applicant Disclosure Statement.** Complete this statement regarding ownership interest located in the Zoning Ordinance Appendices (based on Municipal Code Article 2, Chapter 24, Section 1).

5. **Plat of Survey.** The Plat must be to scale, show all parcels or lots (whether in whole or in part) comprising the subject property, the actual dimensions of the parcel(s) and all existing structures.

6. **Design Standards for special uses.** Submit the following documents, where applicable:
   a. **Building elevations and floor plans.** Show the general architectural character and interior layout of all proposed buildings, structures or additions.
   b. **Site Plan.** The plan must be drawn to scale, and show (where applicable): the dimensions of the entire subject property, total lot area, location of all existing and proposed structures, building setback lines, lot coverage calculations, driveways, off-street parking and loading facilities, the total number of dwelling units and bedrooms, and other information relevant to illustrate the site plan.
   c. **Off-street Parking and Loading Facilities Plan (Section 12).** Show the location, quantity and dimensions of all parking and loading facilities, including all parking lot lighting (Section 11.3).
   d. **Traffic Circulation Plan.** Indicate proposed vehicle movements, in and around the site. Include information on pedestrian access and safety.
   e. **Traffic Generation Plan.** Provide an analysis prepared by a qualified professional indicating amount of traffic projected by the proposed special use and the expected impact of the proposed special use on existing traffic patterns.
   f. **Landscape, Screening and Open Space Plan (Section 13).** Show the location of all proposed landscaping (indicate species, sizes and quantities of all plantings), existing trees at six inches or more in diameter and proposed trees, fencing (indicate location, dimensions and type of materials), all open space (type, location and calculations), and screening for all refuse storage areas (indicate type of screening and dimensions).
   g. **Utilities and Stormwater Drainage Plans.** Plans and an analysis shall be prepared by a qualified professional showing the locations of existing and proposed water and sewer lines, and stormwater drainage facilities. The analysis shall indicate the adequacy of all utilities to serve the site.
   h. **Sign Plans (Section 14).** Submit plans for all signs used for identification, and include the location, design and dimensions of each sign.

7. **Notice Requirements (Section 3.3).** The applicant will prepare a legal notice to be published in the local newspaper between 15 and 30 days prior to the public hearing, in accordance with Section 3.3.A, and will provide a copy of the notice to the City. In addition, the applicant shall comply with Section 3.3.B.1 and 2 and prepare a mailed notice to send to all properties within 250 feet of the subject property between 15 and 30 days prior to the hearing. The applicant shall provide a list of property owners to receive the notice to the Zoning Administrator at least five days prior to the public hearing.

8. **Posted Sign Notice (Section 3.3.C).** The applicant shall post a sign (provided by the City) on the subject property for between 15 and 30 days prior to the Zoning Administrator’s decision, in the case of an administrative variance, and between 15 and 30 days prior to a public hearing, in the case of a minor or major variance.

9. **Fee.** A check for $500 payable to the City of Park Ridge shall accompany each application. This includes a $450 application fee and $50 for a Zoning Sign.

10. **Copies.** Submit the original application (with the original signature) and all supporting documents, along with 17 copies of all documents, which must be on 8.5” x 11” or 11” x 17” paper, except where specified by the Zoning Administrator.

11. Any other information or documentation required by the Zoning Administrator.
Applicant Disclosure Statement (Section 2-24-1)

Name of Applicant: Damen 4 Management of Illinois, LLC

Subject Property Information:

Address: 190 N Northwest Highway, Park Ridge, IL 60068

P.I.N.: 09-26-424-0000

Name and business address of any and all current holders of legal or beneficial title to the subject property (attach additional sheets if necessary):

N/A — applicant is seeking to lease a retail unit in this development

If there is a pending contract for the sale of the subject property, list the purchasing party’s name:

N/A

List any entities, other than a natural person, that hold legal or beneficial title and that have a greater than 3% interest in the entity:

N/A

For each entity listed above that, list every director, officer and manager of the entity:

N/A

For each entity listed above that is a limited partnership or limited liability company, list the name of every limited or general partner or member:

N/A

For each limited partner or general partner that is a corporate entity, list the name of every person who holds a greater than 3% interest in the corporation:

N/A

I acknowledge that I have read and understand the requirements of Article 2, Chapter 24 of the Park Ridge Municipal Code ("Code"). I understand that as the applicant, I am required to keep all of the information on this form current and updated until the City Council takes final action on my request. I also understand that if I fail to comply with this requirement, the City Council may declare the action it has taken with respect to my request null and void. In addition, the City Council may direct the initiation of legal action for a violation of the Code and may seek the penalties set forth in Section 2-24-4 of the Code, including daily monetary fines. I understand that this disclosure statement will be open for public inspection and posted on the City’s website prior to any meeting when my request will be acted upon. I understand that if the subject property is assigned, transferred or if an agreement is entered into to transfer any right, interest, or permit within one year of the City Council’s final action, there will be a rebuttable presumption that the assignee or transferee had constructive control of the subject property at the time of my application. The penalty discussed above will be imposed for any failure to disclose any such assignee or transferee.

I, the undersigned applicant, hereby certify that above statements are true and correct to the best of my knowledge.

Signature of Applicant

Date: 1/20/2017
Zoning Special Purpose

Zoning Ordinances

- B-1, Retail and Office District
- B-2, General Commercial District
- B-3, General Commercial Wholesale and Service District
- B-4, Uptown Business District
- EB, Educational Boarding Purpose District
- H, Hospital Special Purpose District
- O, Office District
- OS, Open Space Special Purpose District
- P, Parking Special Purpose District
- R-1, Single Family Residential District
- R-2, Single Family Residential District
- R-3, Two Family Residential District
- R-4, Multifamily Residential District
- R-5, Multifamily Residential District