

Press Release

The Mill Works, Sports and Health Complex providing Athletics, Fitness, Arts and Education will be hosting an Open House on Saturday, March 24th from 9:00am - 3:00pm. This is the first Open House for The Mill Works, located at 22 Town Farm Rd. in Westford.

The Mill Works Open House will feature celebratory events for all ages, classes and activities, and free refreshments. There will be a Ribbon Cutting with the Nashoba Valley Chamber of Commerce at 10:00am. Lil' Kickers Soccer will host a complimentary Easter Egg Hunt from 12:00-12:30 led by "Kicker," their Bunny mascot. Tours of The Mill Works will be led by Chris Yule, Owner, and Sandra Habe, Director. Visitors will be invited to try out equipment and sample classes, sign up for facility membership, and visit the Party Room for cake and balloons. Information on all Mill Works programs and summer camps will be available.

The Mill Works is very pleased to have **Emerson Hospital's Center for Rehabilitative and Sports Therapies in residence providing physical therapy, sports injury management and concussion rehabilitation on site.** At the Open House, Emerson Hospital's Center for Rehabilitative and Sports Therapies and Dr. Robert Cantu Concussion Center will provide Free Baseline Concussion Testing for children ages 12 and older, from 9:00 -12:00. Baseline concussion testing provides objective data to ensure an athlete's safe return to sport in the event of a concussion. Pre-registration is required: <http://emersonhospital.eventbrite.com?s=84049789>.

Also in residence is New England Sports and Performance. At the Open House, visitors can try a 20-minute extreme workout challenge to get a small taste of what they do. NESP uses unique methods that will test both mental and physical strength and will get athletes in the best shape of their lives. Everyone who participates will receive a free week of training.

This unique 180,000 square foot facility is a hub of community services, including a new state-of-the-art Matrix fitness and cardio center, a spinning and group exercise room, six hardwood basketball/futsal courts, two non-boarded indoor turf fields, multi-purpose courts and a walking/running track. There is a large theater 360 for performances, concerts and talks. Future plans include a children's indoor playground and restaurant.

The Mill Works serves all ages, from the 18-month old enrolled in Lil' Kickers Child Development Soccer program, to the 80-year old working out on cardio equipment in the morning and enjoying pickleball on a Friday evening. Leagues, camps and clinics are offered in basketball, soccer, badminton, pickleball, volley ball, flag football and lacrosse. The complex houses child education space for arts, music, movement and science with camps and after-school programs planned. The fitness center offers free weights, cardio and strength equipment with group classes and specialized athletic training. Additional classes in yoga, pilates, MELT, Zumba, indoor cycling, total body conditioning, Barre, cardio kickboxing, Tread & Shred, Tabata as well as massage and alternative therapies are available. The complex also hosts sports tournaments, most recently for top U13 world soccer teams including the Manchester United Youth Academy and New England Revolution teams.

More information about The Mill Works, a Schedule of Open House Events and Pre-registration may be found on our website: www.millworkswestford.com, or calling 978-692-8222.