

20 Under 40: Dr. Rita Wilcox



Dr. Rita Wilcox is president of The Path Center for Healing, 251 E. Main St. in Galesburg. She is a recipient of the "20 Under 40" award. LEWIS MARIEN/The Register-Mail

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GALESBURG — This week's recipient of the Young Professionals of Galesburg and the Galesburg Area Chamber of Commerce's "20 Under 40" award to be profiled is Dr. Rita N. Wilcox - President of The Path Center for Healing.

According to the nomination, Wilcox "changes lives for the better every day."

She started her own medical practice on "her own after many hurdles as a young female. ... Has she been successful and shown major growth in that business in just four years, yes. Has she created jobs in the community. yes. But what she's done that is the most impactful is educate people on how to live life to its fullest in a healthy and happy manner.

Here's more about Wilcox in her own words:

Q. What do you do in your current position?

A. I am a holistic chiropractor and owner of The Path Center for Healing. I treat patients of all ages who are looking to improve their health. I utilize a gentle chiropractic adjustment then offer support such as exercises, stretches, and ergonomic correction; supplementation, detoxification, and nutritional changes; and various life coaching and stress management techniques to help patients meet their wellness goals.

Q. How are you involved in the community?

A. I enjoy volunteering my time and expertise speaking to local organizations and businesses on implementing a healthy lifestyle. I am a member of Galesburg BNI, The Galesburg Noon Lions Club, the Chamber of Commerce, and YPG. I love supporting our community by attending the many community functions with my family.

Q. Of what achievement are you most proud?

A. I am very proud of The Path and the opportunities it has afforded for local practitioners to come together to offer their healing arts and for the genuine love and support patients continue to receive. Personally, The Path has strengthened my family by including my husband, my daughters, my parents, and even my extended family.

Q. What advice do you have for other young professionals?

A. Know that you are worthy of success. Big things happen all the time, and they can happen to you! Accept all help with humility and gratitude.

Q. What's the most important thing people should know about your community?

A. We are fortunate to have many supportive and generous individuals within our community. Having such active members ensures continued opportunities within Galesburg — a unique city already rich in history and character.

Rita Wilcox, DC; Age: 34, Residence: Galesburg, Profession: Chiropractic, Education: Doctorate of Chiropractic, BS Anatomy, BS Health & Wellness (Parker College of Chiropractic); BA Spanish (University of Iowa), Family: CC, Vida (2), Sydney (10 months)

About the award

The Young Professionals of Galesburg and the Galesburg Area Chamber of Commerce have launched the "20 Under 40" award.

This award honors 20 individuals under the age of 40 considered to be "movers and shakers" in the community.

Honorees will be profiled each week through Jan. 31, 2016, in The Register-Mail. They will be included in a special supplement in February 2016, in addition to being recognized at the chamber's annual dinner to be held in February 2016.

The 20 honorees are judged on their outstanding career achievements and community impact. A panel of judges evaluated each nomination on information provided in the following categories: Reason for nomination, career achievements/special awards and recognition, community involvement, volunteerism and community service leadership skills.