

Plumbers Local 130 UA Wellness & Vision Center

Meet Your Care Team



Trevor Pfaendtner, D.O.
Provider

Dr. Pfaendtner completed his undergrad at the University of Michigan and went to medical school in Ft. Lauderdale. He is passionate about health, wellness, and fitness. He likes to approach each patient as an individual to come up with a treatment plan together that is practical and effective for them. As an osteopathic physician, he prides himself on compassionate and comprehensive primary care that incorporates musculoskeletal manipulative medicine when appropriate.

- He grew up in Southeast Michigan and met his wife in Ft. Lauderdale while he was there for medical school
- He and his wife moved to Chicago in 2013
- He has a 3-year-old son, another one on the way, and a Labrador mix
- He has been competing in powerlifting since 2007 and has achieved “elite” status in two different weight classes in different divisions

“I firmly believe that a healthy lifestyle with an emphasis on preventing problems is the best medicine.”



Nikki Kinney, RN
Wellness Center Manager

Nikki has served her community as a unit leader registered nurse in several different settings including general medicine, behavioral health, and long-term care. She looks forward to bringing an array of diverse skills to the Plumber’s Wellness Center. Her main priority is to keep everyone healthy longer and to prevent possible illness/injury. Through education and information, she approaches nursing care proactively.

- Her 2 sisters are both registered nurses in Illinois and her brother is an Emergency Room physician in Michigan
- Her husband is a member of the Local 150 and they had their son in November of 2018
- She enjoys vacationing, camping, and boating. She also enjoys going to The Field Museum and The Shedd Aquarium
- She is a third generation Chicagoan, and believes that the best quality of Chicagoans is that they take pride in their work and have the ability to strike up conversations with anyone

“It is truly a privilege to have the opportunity to work with Local 130 members, retirees, and their families.”



Amanda Schlitt, PT, DPT
Physical Therapist

Amanda earned her Doctorate in Physical Therapy from Governors State University and has worked exclusively in outpatient therapy clinics since that time. She has a passion for treating orthopedic conditions and takes a hands-on approach with her patients to pinpoint the origin of symptoms and create the best plan for recovery. She believes in physical therapy as a proactive and preventive approach to avoiding more invasive medical treatments, as well as an essential component to recovery from serious conditions.

- Outside of the clinic, she enjoys practicing ballet and yoga, as well as spending time with her husband and their Australian Cattle Dog.

“My goal is not only to help people recover from whatever issue they present, but to also provide enough education to allow them to confidently manage their overall physical health and wellness moving forward.”

Hours of operation

Monday	7 a.m. - 4 p.m.
Tuesday	8 a.m. - 5 p.m.
Wednesday	10 a.m. - 7 p.m.
Thursday	8 a.m. - 5 p.m.
Friday	7 a.m. - 4 p.m.
Saturday	8 a.m. - 12 p.m.

****Second Saturday of the month****

Wellness Center info:

P: 312.421.1016
F: 312.421.1017

Vision Center info:

P: 312.888.9999
F: 630.863.7854

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