



## Summer Wellness Events For The Whole Family

Join us for our summer focused events that include activities for the whole family.

**Visitor Appreciation Day - in-person**

July 17, 12 p.m. - 2 p.m. at Pullman

We appreciate you! Join us as we recognize you for taking charge of your health and wellness.

**Summer Family Social - in-person**

July 18, 4 p.m. - 7 p.m. at Morgan Park

Join us for a summer family event with interactive games, cool summer treats, music and much more.

**Jazz on the Grass- in-person**

July 31, 5:30 p.m. - 8 p.m. at Pullman

Join us for a relaxing summer evening filled with great live music and entertainment, health and wellness resources and food. Registration required.

**Morgan Park: 11840 S. Marshfield Ave.  
Pullman: 756 E. 111th St., Ste 102 & 103**

For more information scan QR code



**872-760-8090 | BlueDoorCenterIL.com**



**BlueCross BlueShield**  
of Illinois

**Blue Door**  
Neighborhood Center<sup>SM</sup>



## National Minority Mental Health Awareness Month

**Join us for a variety of classes and events to discuss health equity during National Minority Mental Health Month.**

Understanding Your Life Expectancy - in-person and virtual  
July 9, 1 p.m. - 1:30 p.m. at Pullman

Depression in Black Americans and Mindful Breathing Video  
- in-person and virtual  
July 15, 2 p.m. - 2:30 p.m. at Morgan Park

What's Your Family History? - in-person and virtual  
July 18, 2:30 p.m. - 3 p.m. at Pullman

Addressing Violence as a Public Health Issue - in-person  
July 22, 5 p.m. - 7 p.m. at Morgan Park

**Morgan Park: 11840 S. Marshfield Ave.  
Pullman: 756 E. 111th St., Ste 102 & 103**

For more information scan QR code



**872-760-8090 | [BlueDoorCenterIL.com](http://BlueDoorCenterIL.com)**