



Walk With Us!

Join our 2025 Metro Chicago Heart Walk teams with the American Heart Association®.

Heart Walk Field Trip Informational at Pullman

Get ready for this year's American Heart Association Heart Walk. Come learn what to expect at the walk and how you can join our AHA team. Everyone is welcome.

August 4, 5:30 – 6 p.m.
(virtual)

August 26, 1 – 1:30 p.m.
(in person)

American Heart Association Heart Walk Field Trip

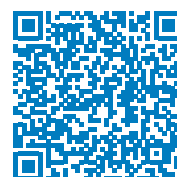
Get your steps in while supporting a great cause. Bring family and friends for a chartered bus ride from Blue Door Neighborhood CenterSM in Morgan Park to the walk site in Oak Brook.

September 20
7 a.m. – 12:30 p.m.

**Everyone must register
for transportation.**



Pullman
756 E. 111th St.
Suites 102 & 103
Chicago IL, 60628
773-253-0900



**Scan this QR code to walk
with the Pullman Pioneers**



BlueCross BlueShield
of Illinois

Blue Door
Neighborhood CenterSM



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Heart Walk Field Trip Informational

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August 13, 3 – 3:30 p.m.
(virtual and in person)

August 28, 5:30 – 6 p.m.
(virtual)

American Heart Association Heart Walk Field Trip

Get your steps in while supporting a great cause. Bring family and friends for a chartered bus ride from Blue Door Neighborhood CenterSM in Morgan Park to the walk site in Oak Brook.

**September 20
7 a.m. – 12:30 p.m.**

**Everyone must register
for transportation.**



Morgan Park
11840 S. Marshfield Ave.
Chicago IL, 60643
872-760-8090



**Scan this QR code to walk
with the Morgan Park Movers**



Morgan Park

11840 S. Marshfield Ave.
Chicago IL, 60643
872-760-8090

Pullman

756 E. 111th St.
Chicago IL, 60628
773-253-0900



Scan this QR
code to register.



Scan this QR
code to follow
us on Facebook.

Growing Healthy Together

Learn, connect and get support at our upcoming sessions for moms, babies and families.

Health Matters: Breastfeeding Basics at Morgan Park

Join us for a class to learn why breastfeeding is a healthy, beneficial start for mom and baby.

August 4 | 3 – 3:30 p.m.
(in person and virtual)

Health Matters: The Importance of Childhood Immunizations at Morgan Park

This class will cover how children can be protected early from certain illnesses and what immunizations are required to attend school.

August 18 | 3 – 3:30 p.m.
(in person and virtual)

Health Matters: Movement and Motherhood at Morgan Park

Learn how safe, simple movement during and after pregnancy can boost energy, reduce discomfort, support a healthy birth and aid in recovery.

August 21 | 6 – 7 p.m. (in person)

Health Matters: Black Breastfeeding Week at Pullman

Join us to learn the benefits of breastfeeding for Black mothers and babies.

August 26 | 5:30 – 6 p.m. (virtual)

Health Matters: Milk of Resilience at Morgan Park

Let's learn and explore the history and heritage of breastfeeding in the African American community.

August 26 | 6 – 7 p.m. (virtual)

Parents Night Out: Tea on Breastfeeding at Pullman

Join us for dinner and a discussion on the benefits of breastfeeding for mom and baby.

August 27 | 6 – 8 p.m. (in person)

Health Matters: Family Immunizations at Pullman

Learn about the recommended immunizations for you and your family.

August 28 | 5:30 – 6 p.m. (virtual)



BlueCross BlueShield of Illinois

Blue Door
Neighborhood Center™

It's a Block Party!

Join us for a community celebration filled with fun for all ages! Enjoy music, food, games, and local resources that support health and wellness.

Featuring:

- DJ and entertainment
- Food including summer treats
- Vaccinations for adults and children
- School supplies
- Community health resources
- Youth play zone



AUGUST 23
11 a.m. – 3 p.m.

Morgan Park Center
11840 S. Marshfield Avenue
Chicago, IL 60643

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

254613.0425



Call us at 872-760-8090
or scan QR code to learn
more about our centers.