



**BlueCross BlueShield**  
of Illinois

**Blue Door**  
Neighborhood Center™

# *Honoring Women's Health Month*

**In honor of Mother's Day and  
Women's Health Month,**  
join us for fun activities and  
health education events.

## **Sip and Step: A Spring Tea for Women's Health**

**Step in with your springtime best and join us**  
for some line dancing and Chicago stepping while  
learning how a cup of tea may lower the risk of stroke.  
Enjoy a tea experience that celebrates health,  
movement and womanhood, presented  
in collaboration with the Majestic Gents.

**May 23,**  
11 a.m. – 3 p.m. at Morgan Park



### **Morgan Park**

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



Scan the QR code  
to register.



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health education events.

## **A Spring Brunch for Women's Health**

**Celebrate Mother's Day** with a panel discussion  
highlighting chronic conditions that impact women.

**May 16,**  
10 a.m. – 1 p.m. at Pullman



### **Pullman**

756 E. 111<sup>th</sup> St.  
Suites 102 and 103  
Chicago IL, 60628  
(773) 253-0900



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## Get Rewarded

**Take three of our health and wellness education classes a month and receive a gift card.**

One gift card a month per participant. See the Pullman and Morgan Park calendars for more classes marketed by an asterisk\*. Annual restrictions may apply.

| Older Adults and Depression  | Bridges of Hope   | Virtual: What's on Your Wellness Wheel   | Basics of Sleep  |
|--|---|--|--|
| Older adults may experience depression differently than other age groups. Learn the signs, symptoms and treatment options. | Bridges of Hope is a program that helps faith communities learn about mental illness. It aims to create safer, supportive and welcoming spaces for people affected by mental health challenges. | Discover how to feel your best with the wellness wheel. Learn simple, everyday ways to stay healthy, manage stress, build strong relationships and live a balanced life. | Participants will learn why sleep is important to overall health and wellness. |
| <b>May 1</b><br>11 a.m. – 11:30 a.m.<br>at Pullman   | <b>May 13</b><br>11 a.m. – 11:30 a.m.<br>at Morgan Park   | <b>May 24</b><br>10 a.m. – 10:30 a.m.<br>at Pullman  | <b>May 30</b><br>1 p.m. – 1:30 p.m.<br>at Morgan Park                          |

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# Prioritize your health and wellness

## May is Women's Health Month and Mental Health Awareness Month.

Take time to prioritize your health and wellness by joining one of our classes.

| Mental Health<br>First Aid Training  | Pop-Up Wellness: Healthy Aging  | Mental Health and Mind:<br>The Open Mic Experience  |
|--|---|---|
| <b>Join this</b> evidence based mental health program where participants will learn how to recognize the signs and symptoms that may suggest potential mental health challenges. | <b>Join us for a mind and body event!</b> Enjoy line dancing, a tasty food demonstration, and a discussion on aging with grace. | <b>You are invited to a fun, uplifting open mic experience</b> that blends creativity, connection and healing. Poets, musicians and counselors will share tips on caring for your mental health during difficult times. |
| <b>May 2</b><br>9 a.m. – 5 p.m. at Morgan Park   | <b>May 22</b><br>10 a.m. – 3 p.m. at Pullman  | <b>May 31</b><br>11 a.m. – 2 p.m. at Morgan Park  |



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