



# Celebrate Men's Health Month

**For Men's Health Month, celebrate the men in your life.**

Join our events that focus on health, wellness, and family fun!

Men's Health Documentary: A Little Hope for Chicago at Morgan Park	Mind, Body, and Spirit at Morgan Park	Mind, Body and Spirit at South Lawndale
<p><b>Join us</b> along with Creative Cypher for a powerful event focused on healing and hope in our communities. We'll watch a documentary and hold an open conversation about community violence, trauma, and other challenges faced by people living in urban areas. Health screenings will be offered at no cost and don't forget to check out the NASCAR simulator.</p>	<p><b>Join us for a community wellness event!</b> Enjoy low-impact fitness activities to get moving, fresh local produce to support healthy eating, and food tastings to keep you energized. Health screenings will be offered at no cost along with resources to support your wellness journey and be sure to check out the NASCAR simulator.</p>	<p><b>Join us</b> for a wellness event focused on supporting mental, physical and spiritual well-being. Take part in fitness sessions, mindfulness activities and health resources, with a special emphasis on men's health and wellness. Come connect, move and recharge in a supportive, uplifting space.</p>
<p><b>June 7</b> 11a.m – 2 p.m.</p>	<p><b>June 21</b> 11a.m – 2 p.m.</p>	<p><b>June 28</b> 11 a.m. – 2 p.m.</p>



## Morgan Park

11840 S. Marshfield Ave.  
Chicago IL, 60643

## South Lawndale

2551 W. Cermak Rd.  
Chicago, IL 60608

**Scan QR code**  
to register





**BlueCross BlueShield**  
of Illinois

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



## Join one of our upcoming classes and connect with others in your community.

### **Health Matters: A Conversation for Men**

**June 10, 6 – 8 p.m.**

*(in person at Pullman)*

Join us as we provide a powerful space for men to talk openly about mental health, relationships, and fatherhood. Real talk. Real tools. Real connection.



#### **Morgan Park**

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

#### **Pullman**

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

### **Community Conversation: Violence Prevention**

**June 16, 6 – 7:30 p.m.**

*(in person at Morgan Park)*

Join us to talk about how we can make our neighborhoods safer and stronger. Hear from local experts and local organizations that are working to create change. Your voice matters! Together, we can help prevent violence and strengthen our communities.

### **Summer Solstice Kick-Off**

**June 26, 4:30 – 7:30 p.m.**

*(in person at Morgan Park)*

Celebrate the start of summer with an evening of safe, family-friendly fun. Enjoy games, summer treats, music and Chicago stepping demonstrations. This no-cost event is open to the entire community.



**Scan QR code to register.**