



BlueCross BlueShield of Illinois

Blue Door
Neighborhood CenterSM

Stronger Together This Summer



Join us for a variety of fun events focused on wellness, fitness and community connection.

Tips for a Healthy Summer	Intro to Chicago-Style Stepping	Tips to Beat the Heat	Jazz on the Grass
Kickoff a healthy summer with a class on preventing chronic conditions.	Step into this low-impact fitness experience for beginners. Learn the history, dance, music and energy of Chicago-style stepping. Don't forget to bring your chair.	Join us to learn tips on how to protect yourself and your family from heat exhaustion.	Enjoy a relaxing summer evening filled with great live music, entertainment, health and wellness activities and food. Registration is required. Don't forget to bring your chair.
July 7 3 p.m. – 3:30 p.m. <i>at Morgan Park</i>	July 10, 17 and 24 5:30 p.m. – 7:30 p.m. <i>at Morgan Park</i>	July 18 12:30 p.m. – 1:30 p.m. <i>at Pullman</i>	July 30 5:30 p.m. – 8 p.m. <i>at Pullman</i>



Our Locations:

Morgan Park Center

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

Pullman Center

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

Scan QR code
to register

