

SUPERFOODS SHOWDOWN

Join us for Superfoods Showdown,
a fun, family-friendly event kicking off
National Nutrition Month.

Local chefs will compete in a friendly cook-off while participants sample healthy foods and enjoy activities for all ages. Children will take part in their own hands-on food experience.

Come learn, taste, and build healthy habits together.

Morgan Park

March 14, 11 a.m. – 1:30 p.m.

Pullman

March 18, 4:30 – 7 p.m.

South Lawndale

March 28, 11 a.m. – 2 p.m.

Scan the QR code
to register.





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.

Health Matters: Cutting Down on Added Sugars - in person and virtual	Health Matters: Mindful Eating - in person and virtual	Health Matters: Healthy Bites, Happy Bodies - in person and virtual	Health Matters: Facts onFats - in person and virtual
Learn how to reduce added sugars in your diet while creating balanced, flavorful meals. Identify hidden sugars, make smart ingredient swaps and build healthier habits.	Learn tips and tools for practicing mindful eating.	Learn the basics of nutrition and how nutritious foods help bodies grow strong and feel refreshed.	Learn how to incorporate healthy fats into your diet plan.
March 20, 11-11:30 a.m. at Morgan Park	March 25, 1-1:30 p.m. at Pullman	March 30, 3-3:45 p.m. at Morgan Park	March 30, 5:30-7:30 p.m. at Pullman

Morgan Park

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

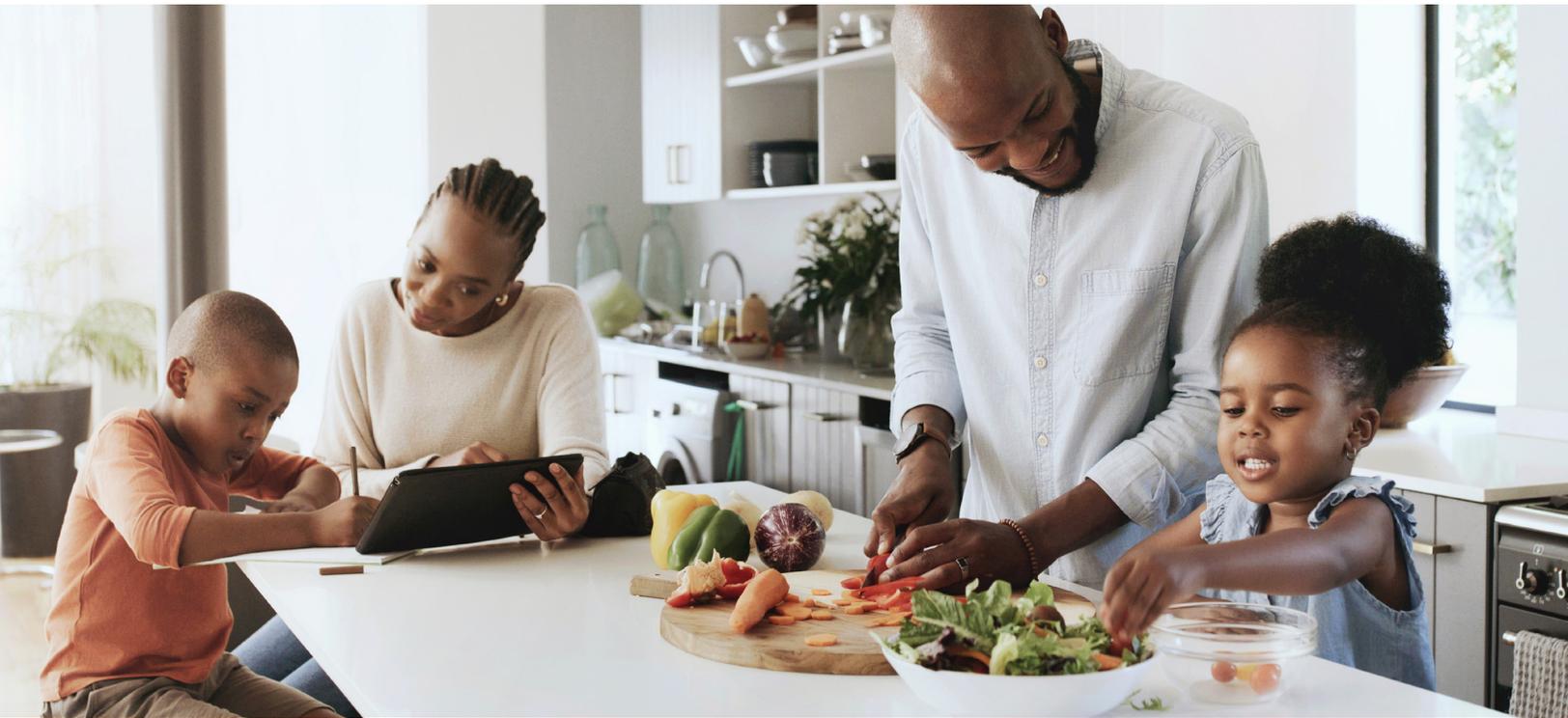
Pullman

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



Scan the QR code to register

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Spring Into Wellness

Join us this March for health education classes focused on nutrition, diabetes awareness and kidney health. Join our interactive sessions designed to support you and your family in making informed health choices.

Lunch and Learn: National Kidney Foundation – in person and virtual	Lunch and Learn: Diabetes Alert Day – in person and virtual	Diabetes Alert Day: Power Hour – in person	Dinner and Learn: Women and Nutrition – in person
<p>Join us as we collaborate with the National Kidney Foundation to provide education on kidney health. Advance registration is recommended.</p>	<p>Join us as we collaborate with a registered dietician from the UChicago Medicine Kovler Diabetes Center for a presentation on diabetes and healthy eating.</p>	<p>Join us for an interactive session raising awareness about diabetes. Through education and low-impact fitness, participants will learn ways to prevent and manage this chronic condition.</p>	<p>Join us for an engaging conversation on how women navigate meals within the family. Learn healthier options for you, your family and your community.</p>
<p>March 19, Noon-1:30 p.m. at Morgan Park</p>	<p>March 24, 11 a.m.-12:30 p.m. at Pullman</p>	<p>March 24, 1-2 p.m. at Morgan Park</p>	<p>March 30, 5:30-7:30 p.m. at Pullman</p>

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