



BlueCross BlueShield
of Illinois

Blue Door
Neighborhood CenterSM

Pour into You

Women's Tea

May 22

11 a.m. – 2 p.m.

Celebrate Women's Health Month

with tea, dancing and a panel on physical and mental well-being. Dressy styles and tea party touches such as hats or scarves are welcome.



Follow us on Facebook

<https://www.facebook.com/BlueDoorCenterIL>



Morgan Park

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

Scan the QR code
to register.



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

254623.0426



Care for Your Mind and Body



Take part in a series of events designed to support your mental and physical well-being. From expert-led discussions to interactive wellness activities, we'll have something for everyone in your family.

Lunch and Learn: Older Adults and Mental Health in person and virtual	Lunch and Learn: Asthma and Allergy Awareness in person and virtual	Pop-Up Wellness: Brain Breaks in person only	Laughter is Medicine in person and virtual
May 5 11:30 a.m. - 12:45 p.m. at Morgan Park	May 11 11 a.m. - 12:15 p.m. at Pullman	May 12 and 19 10 a.m. - 10:45 a.m. at Pullman	May 30 11 a.m. - 1 p.m. at Morgan Park
Explore how aging can impact mental health and how changes over time affect the mind. Gain practical tips to stay healthy while enjoying a meal.	Seasonal changes can trigger symptoms. Learn how to manage asthma and allergies with guidance from a clinician.	Take time to pause, breathe and reset through simple mindful activities.	Bring your entire family to a lighthearted event featuring comedy and conversation about mental health.



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

Scan QR code
to register



Image(s) may have been created or enhanced using artificial intelligence tools.



Get Rewarded - May

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: Myths of Mental Health virtual only	Health Matters: What's on Your Wellness Wheel in person and virtual	Health Matters: Anxiety in person and virtual	Health Matters: Women's Mental Health in person and virtual
May 4 5 - 5:30 p.m. at Morgan Park	May 12 1 - 1:30 p.m. at Pullman	May 18 3 - 3:30 p.m. at Morgan Park	May 20 11 - 11:30 a.m. at Pullman
Explore common myths and facts about mental health and ways to support one another. <i>Questions are encouraged.</i>	Learn how the wellness wheel highlights physical, emotional, social, mental and spiritual health.	Get a better understanding of anxiety and simple ways to feel more calm and steady in your day-to-day life.	Learn key signs, concerns and support options for women's mental health.



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 QR code
to register



Image(s) may have been created or enhanced using artificial intelligence tools.