



# Fall into Wellness

Join us for a series of events focused on health, wellness and community support.

Informational: World Mental Health Day at Morgan Park	BDNC <sup>SM</sup> Goes Pink at Morgan Park	Lunch and Learn: Domestic Violence Awareness at Morgan Park	Cancer Awareness Rally at Pullman
Join us on this international awareness day to promote mental health and well-being. Together, we will shine the light on hope and healing, while connecting the community with self-care tools and support.	Celebrate breast cancer awareness with us for a fun, family event full of community spirit, music, and movement! Enjoy Zumba®, cardio drumming and line dancing, and a pumpkin giveaway. Join us and show off your Halloween costume.	Join us for lunch and learn how to recognize the signs of domestic violence, break the silence, and connect with local community partners for supportive and safety resources.	Join us as we stand together in hope, strength and support for survivors of breast cancer. Hear inspiring survivor stories and learn from health care providers as we raise awareness, promote prevention and provide ongoing support.
<b>Oct. 10</b> 12 – 12:30 p.m. in person and virtual	<b>Oct. 17</b> 5:30 – 7:30 p.m. in person	<b>Oct. 27</b> 11:45 a.m. – 1 p.m. in person and virtual	<b>Oct. 29</b> 3:30 – 6:30 p.m. in person



## Blue Door Neighborhood Center

### 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 the QR code  
to register





**BlueCross BlueShield**  
of Illinois

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



# 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: Social Security 101 at Morgan Park and Pullman	Virtual Health Matters: Urgency vs. Emergency at Morgan Park	Virtual Health Matters: Breast Cancer Awareness at Pullman	Virtual Community Conversation: Domestic Violence Awareness at Pullman	Health Matters: Flu Prevention at Morgan Park
<b>Unlock the secrets of Social Security and secure your financial future!</b> This workshop is designed to provide you with the essential knowledge you need to make smart, strategic decisions about your retirement.	<b>Do you know when to visit your regular doctor,</b> an urgent care center, and the emergency room when seeking medical care? <b>Join this class</b> to learn the difference between different levels of care.	<b>Join this class from the comfort of your home</b> to learn how to detect breast cancer early through self-exams and breast imaging, like a mammogram.	Recognize the signs of domestic violence, break the silence, and connect with local community partners for supportive and safety resources.	<b>Join this informative presentation</b> on credit scores, credit reports, credit bureaus and a general discussion on identity theft.
<b>Oct. 13</b> 10 – 11 a.m.	<b>Oct. 21</b> 6 – 6:30 p.m.	<b>Oct. 22</b> 6 – 6:30 p.m.	<b>Oct. 29</b> 6 – 7 p.m.	<b>Oct. 31</b> 11:30 a.m. – 12 p.m.



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## Vaccination Clinics

Flu, pediatric, COVID-19 and limited adult vaccine will be available to the community **at no cost.**

<b>Oct. 8</b> 11:30 a.m. – 3:30 p.m. at <b>Morgan Park</b>	<b>Oct. 24</b> 10 a.m. – 1 p.m. at <b>Pullman</b>	<b>Oct. 25</b> 10 a.m. – 2 p.m. at <b>Morgan Park</b>	<b>Nov. 12</b> 10 a.m. – 1 p.m. at <b>Pullman</b>	<b>Nov. 22</b> 11 a.m. – 1 p.m. at <b>Morgan Park</b>
No flu vaccines available.	No flu vaccines available.	Adult, pediatric, COVID-19 and flu vaccines available.	Adult, pediatric, COVID-19 and flu vaccines available.	Adult, pediatric, COVID-19 and flu vaccines available.



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