



BlueCross BlueShield
of Illinois

Blue Door
Neighborhood CenterSM



Stay Healthy This Fall

This September, Morgan Park and Pullman will host a variety of events focused on health, wellness and community support. These events will offer valuable resources for all ages.

Virtual Health Matters: Promoting Health Behaviors	Health Matters: Older Adults and Mental Health	Family Nutrition Night	CPR Certification Course	Lunch & Learn: Healthy Aging with Alzheimer's Association®
<p>September is National Childhood Obesity Awareness Month. This class will explore fun and simple ways to help kids eat well, stay active and feel their best for years to come.</p>	<p>September is Healthy Aging Month. This class looks at how aging affects mental health and shares ways for older adults to stay emotionally healthy through connection, activities and support.</p>	<p>September is National Childhood Obesity Awareness Month. Join us as we support children and families to promote healthy choices with fun games, movement, and healthy food stations. Children will win prizes like jump ropes, books and more!</p>	<p>Cardiopulmonary resuscitation is an emergency procedure that can help save a person's life. Join us to learn how to perform adult CPR in an emergency situation. Advance registration is required.</p>	<p>We're collaborating with the Alzheimer's Association for a presentation on the importance of caring for our brain health.</p>
<p>Sept. 4, 6 – 6:30 p.m. Morgan Park</p>	<p>Sept. 24 11 – 11:30 a.m. Virtual and in person at Pullman</p>	<p>Sept. 26 5:30 – 7:30 p.m. In person at Morgan Park</p>	<p>Sept. 29 5:30 – 7:30 p.m. In person at Morgan Park</p>	<p>Sept. 30 11 a.m. – 12 p.m. Virtual and in person at Pullman</p>



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 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: Crushing Obesity	Health Matters: Six Tips for Healthy Aging	Health Matters: Smart Food Choices for Healthy Aging	Virtual Health Matters: Back to School with Mental Health in Mind
Join this class to learn how to take small steps toward big wins in crushing obesity.	Discover six simple tips to support healthy aging to keep the brain sharp, the body strong and the spirit vibrant.	Join this class to learn what matters most for healthy aging-eating healthy, staying active and a supportive community.	Stress can be a common experience for both children and caregivers as they prepare to return to school. Join us to learn the early signs of a mental health crisis and tips on prevention, self-care and supportive resources to support the entire family.
Sept. 16 11 – 11:30 a.m. at Pullman in person and virtual	Sept. 22 11:30 a.m. – 12 p.m. at Morgan Park in person and virtual	Sept. 29 11 – 11:30 a.m. at Pullman in person and virtual	Sept. 30 6 – 7 p.m. Morgan Park



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