BlueCross BlueShield of Illinois

November 2025

Blue Door Neighborhood Center℠

Pullman Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	You have the option to join us in-person or virtually for any class offered from the hours of 9 AM- 5 PM.	We're recognizing National Diabetes Awareness Month!!!	*Be sure to learn about our "Get Rewarded" Program! Attend 3 of our health education classes a month to receive a gift card to assist with your wellness goals.		1
3 *Health Matters: Creating Vegetarian Meals 11am-11:30am Senior Fitness 1:15pm-2:15pm	4 BDNC On-Demand: Heart Disease 11am-11:15am Blood Pressure Screenings 12pm-2pm	5 Line Dance 2pm-3pm SWIO Support Group 4pm-6pm *Virtual Health Matters: Diabetes Prevention 5pm-5:30pm Virtual Diabetes Empowerment Education Program™ Informational 5:30pm-6pm	6 *Breathe Well, Live Well® 11am-12pm Senior Fitness 1:15pm-2:15pm	7 Veteran's Coffee Chat 9am-11am Senior Bingo 11:30am-12:30pm	8
10 Senior Fitness 1:15pm-2:15pm *Virtual Health Matters: Chronic Conditions & Mental Health 6pm-6:30pm	11 OFFICE HOURS ONLY 9AM-5PM	12 Friendsgiving & Diabetes Awareness 12pm-2pm Virtual Diabetes Empowerment Education Program™ 5:30pm-6:30pm	13 Lunch & Learn: Diabetes Awareness 11am-12:30pm Senior Fitness 1:15pm-2:15pm	14 CENTER CLOSED NO CLASSES OR OFFICE HOURS	15
17 Senior Fitness 1:15pm-2:15pm	18 *Health Matters: Tips to Improve Cholesterol 11am-11:30am Blood Pressure Screenings 12pm-2pm	19 Line Dance 2pm-3pm	20 Job Club 10am-11am Senior Fitness 1:15pm-2:15pm *Identity Theft with Fifth Third Bank 3pm-3:30pm	21 Veteran's Coffee Chat 9am-11am Senior Bingo 11:30am-12:30pm	22 Friendsgiving & Diabetes Awareness @ BDNC Morgan Park 11am-1:30pm
24 *Health Matters: Diabetes Care Schedule 11am-11:30am Senior Fitness 1:15pm-2:15pm	25 *Health Matters: Cutting Down on Added Sugars 11am-11:30am	26 BDNC On-Demand How to Combat the Flu, COVID, and RSV 11am-11:15am CENTER CLOSES AT 3PM	27 Thanksgiving Holiday! NO CLASSES OR OFFICE HOURS CENTER CLOSED	28 Thanksgiving Holiday! NO CLASSES OR OFFICE HOURS CENTER CLOSED	29

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Connect with us:

Pullman Center
756 E. 111th St. | Suites 102 & 103
Chicago, IL 60628 (773) 253-0900

Hours of Operation
Mon. - Fri: 9 a.m. - 5 p.m.
Special programs on some evenings and Saturdays

www.**BlueDoorCenterIL**.com
www.facebook.com/**BlueDoorCenterIL**

LUNCH & LEARN: DIABETES AWARENESS Join us as we collaborate with the Associates in Nephrology for an educational seminar on diabetes prevention and management, and kidney health.

FRIENDSGIVING & DIABETES AWARENESS Gobble up holiday fun! Join us for a produce and turkey distribution. Supplies are limited and will be served on a first-come, first-served basis – no registration required. Adult, pediatric, COVID-19 and flu immunizations will be available.

FRIENDSGIVING & DIABETES AWARENESS @ BDNC MORGAN PARK Attend our health fair to learn about community resources for diabetes education, prevention and care. There will also be a produce and turkey distribution. Supplies are limited and will be served on a first-come, first-served basis – no registration required. Adult, pediatric, COVID-19 and flu immunizations will be available.

BLOOD PRESSURE SCREENINGS Chicago Family Health Center will be on-site to provide walk-in screenings for blood pressure.

DIABETES EMPOWERMENT EDUCATION PROGRAM™ A six-week series designed to help participants gain a better understanding of how to reduce the risks of diabetes and take charge of their health.

LET'S GET MOVING Improve your heart health, flexibility and reduce your stress. Join us for SENIOR FITNESS AND LINE DANCE.

JOB CLUB Join us every fourth Thursday for assistance in resume writing, interview tips, and more.

COURAGE TO QUIT® An evidence-based group or individual tobacco treatment three-week for adults interested in stopping use.

*HEALTH MATTERS Join us to learn about health topics such as diabetes, flu, and heart disease.

*BREATH WELL, LIVE WELL® One week program for adults who want to learn to take control of their asthma and feel better.

*IDENTITY THEFT WITH FIFTH THIRD CLASS Learn how to spot the warning signs of identity theft and how to keep your personal information safe from common scams.