BlueCross BlueShield of Illinois

April 2026

Blue Door Neighborhood Center℠

South Lawndale Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tai Chi 10am - 11am Diabetes Empowerment Education Program™: Understanding the Human Body and Diabetes (Spanish) 11:30am - 12:30pm	2 Health Insurance Basics (Every Thursday) 10am - 2pm New Moms Support and Social Group 11am - 12:30pm	3 Yoga 10am - 11am	4
6 Strength Training 1pm - 2pm *Health Matters: National Public Health Week 2:30pm - 3pm	7 NAMI Support Group 10am - 11:30am Zumba® 1pm - 2pm Virtual Mindful Movement 6pm - 7pm	8 Tai Chi 10am - 11am Diabetes Empowerment Education Program™: Monitoring Your Body (Spanish) 11:30am - 12:30pm	9 Farmers Market 11:30am - 1pm	10 Yoga 10am - 11am *Nourish 11:30am - 12:30pm	11
13 Strength Training 1pm - 2pm *Health Matters: Rethinking Drinking (English) 2:30pm - 3pm	14 *Health Matters: Power of Planning (English) 11am - 12:30pm Zumba® 1pm - 2pm Virtual Mindful Movement 6pm - 7pm	15 Tai Chi 10am - 11am Diabetes Empowerment Education Program™: Nutrition (Spanish) 11:30am - 12:30pm	16 Lotería 11am - 11:30am	17 Yoga 10am - 11am *Creative Aging Fest 11:30am - 2:30pm	18 *Virtual Health Matters: Eating for Two 11am - 11:30am
20 Vaccination Clinic 12pm - 4pm Strength Training 1pm - 2pm	21 NAMI Support Group 10am - 11:30am Zumba® 1pm - 2pm Virtual Mindful Movement 6pm - 7pm	22 Tai Chi 10am - 11am Diabetes Empowerment Education Program™: Diabetes Complications (Spanish) 11:30am - 12:30pm	23 Job Club (English) 10am - 11am New Moms Support and Social Group 11am - 12:30pm	24 Yoga 10am - 11am	25
27 Strength Training 1pm - 2pm *Health Matters: Rethinking Drinking (Spanish) 2:30pm - 3pm	28 *Health Matters: Power of Planning (Spanish) 11am - 12:30pm Zumba® 1pm - 2pm Virtual Mindful Movement 6pm - 7pm	29 Tai Chi 10am - 11am Diabetes Empowerment Education Program™: Medication and Management (Spanish) 11:30am - 12:30pm	30 OFFICE HOURS OPEN 9AM - 5PM		

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation,
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Connect with us:

South Lawndale Center
2551 W. Cermak Road
Chicago, IL 60608 (872) 760-8450

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**

In April, we are recognizing National Public Health Week, Black Maternal Health Week, Alcohol Awareness Month, and National Infant Immunization Week.

Creative Aging Fest: Join us for a fun wellness event! Enjoy lunch, make art, and move your body to boost your health and creativity. This event is for adults ages 55 and up.

Diabetes Empowerment Education Program™: Join DEEP™, a six-week diabetes self-management education program that helps participants take control of their diabetes and reduce the risk of complications. All classes will be held in Spanish only.

Health Matters: Join us to learn about health topics such as alcohol awareness, power of attorney documentation, and maternal health.

Farmers Market: Grab some fresh produce in a wellness giveaway. While supplies last, on a first come first served basis. Please note, registration does not guarantee a produce box.

Health Insurance Basics: Every Thursday, ask questions about health insurance, learn how coverage works and receive guidance on next steps.

Job Club: Join us every fourth Thursday for assistance in resume writing, interview tips, and more.

Lotería: Join us for Lotería to meet some new friends!

Vaccination Clinic: We'll offer vaccinations that include COVID-19, flu, routine pediatric vaccines, and limited adult vaccines. Walk-ins are welcome. Participants may be eligible for a produce box.

Attend three health and wellness education classes in one month and receive a gift card. One gift card a month per participant. See our calendar for more classes marketed by an asterisk*. Annual restrictions may apply.