



BlueCross BlueShield of Illinois

Blue Door
Neighborhood CenterSM

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 Flu Prevention <i>In-person</i> MP	Health Matters 10 Ways to Reduce Cancer Risk <i>Virtual</i> MP P SL	What's in the News Breast Cancer Awareness <i>Virtual</i> P	What's in the News Digital Wellness <i>Virtual</i> MP
Oct. 1 , 11:30 a.m. – noon	Oct. 3 , 10 – 10:30 a.m.	Oct. 6 , 6 – 6:30 p.m.	Oct. 27 , 6 – 6:30 p.m.
Learn practical tips to help you stay healthy and reduce your risk of illness during flu season.	Learn simple, healthy habits that can help reduce your risk of cancer. This session will cover 10 practical ways to make informed choices that support your health and well-being.	Learn how early detection can help improve breast cancer outcomes. Topics include breast self-awareness, screening recommendations and the importance of regular mammograms.	Explore how technology affects physical, mental and social well-being. Learn strategies to balance screen time, stay safe online, manage technology-related stress and build healthy habits for your mind and body.

MP MORGAN PARK

P PULLMAN

SL SOUTH LAWDALE



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

South Lawndale

2551 W Cermak Rd,
Chicago, IL 60608
872-760-8450

Scan QR code
to register



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Fall into Wellness

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



World Mental Health Day Hip-Hop Wellness <i>In-person</i>	Community Conversation Domestic Violence Awareness <i>In-person</i>	Lunch and Learn Domestic Violence Awareness <i>In-person and virtual</i>	BDNC Goes Pink <i>In-person</i>	United in Pink <i>In-person</i>
Oct. 9, 6 – 7:30 p.m. MP	Oct. 21, 6 – 7 p.m. P	Oct. 23, 11:30 a.m. – 1 p.m. MP	Oct. 24, 11 a.m.– 1 p.m. P	Oct. 29, 10 a.m.– 5 p.m. MP
Promote mental health and well-being through spoken word and poetry. Learn about self-care strategies, community resources and supportive services.	Learn to recognize the signs of domestic violence, help break the silence and connect with local organizations that provide support and safety resources. This conversation will offer information, guidance and opportunities to access community services.	Break the silence and learn to recognize the signs of domestic violence. Connect with local community partners and access support and safety resources. Registration is required.	Celebrate Breast Cancer Awareness Month with a fun, family-friendly event filled with community spirit, music and movement. Join us as we come together to raise awareness and support those impacted by breast cancer.	Join us for a day of education and community as we collaborate with Onyx Medical Wellness and Equal Hope to promote breast health and breast cancer awareness. The event will feature an educational lunch and learn, a panel discussion with health care experts, fitness demonstrations and access to helpful resources and services.

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