

2022 Cook County Health Fairs

Small but Powerful Steps to a Healthier You!

The Cook County Health Fairs were designed with your total wellness in mind. It's important to not only pursue physical fitness, but financial, mental, and emotional fitness as well. Taking very small steps may seem insignificant; yet

- Small steps get us started
- Small steps add up to big results
- Small steps = progress = momentum

This year's Fairs will help you move toward deeper community and social connections, while enhancing the quality of your physical, financial and mental well-being.

Financial and Mental Wellness

Resources will be available to help in your quest for financial fitness as well. According to a survey conducted by CreditWise, 73% of those surveyed consider finances a source of stress in their lives, even more so than politics (59%), work (49%) and family (46%). The Cook County Health Fairs will provide:



- Connection to the Employee Assistance Program (EAP) that is designed to help individuals work through any mental health challenges, including those created by financial stressors
- Retirement planners to help answer retirement questions, plan for retirement income, develop a comprehensive investment strategy and more
- Flexible Spending Accounts (FSA) allow individuals to use pre-tax dollars to pay for qualified health care expenses

Physical Wellness

The thought of losing 20, 40 or even 80 or more pounds may seem insurmountable. However, it is possible to become healthier by implementing small, consistent steps that become transformative habits.

You do not need to become a vegan to enjoy the health benefits of eating fruits and vegetables.

- Research shows consuming five servings per day produces a 13% lower risk of death than eating only two servings per day. That's one small step with a huge reward!
- Adding just 10 minutes of exercise a day can provide significant health benefits



The 2022 Cook County Health Fairs are a perfect way to jumpstart your physical wellness program. Health care vendors and professionals will be on hand to help you navigate from your current state of wellness to your desired goal.

Community Connections

The COVID19 pandemic may have forced us to become isolated and estranged from our communities. Human beings are wired to connect, and this connection affects our health and well-being. There is significant evidence that social support and feeling connected can help people maintain a healthy body mass index, control blood sugars, improve cancer survival, decrease cardiovascular mortality, decrease depressive symptoms, mitigate posttraumatic stress disorder symptoms and improve overall mental health.



The Cook County Health Fairs are a small, yet transformative, step to reconnect with each other, learn how to enhance our community connections and transform Cook County neighborhoods from the inside out.

We'll all be the better for it.



Cook County Health Fairs

June 6 - 16, 2022

Schedule of Events

ON-SITE HEALTH FAIRS

Monday, June 6

10 a.m. – 3 p.m.

Juvenile Temporary Detention Center Auditorium

1100 S Hamilton Ave.,
Chicago, IL 60612

Thursday, June 9

10 a.m. – 3 p.m.

Criminal Courts Building

2nd Floor Cafeteria
2650 S California Ave.,
Chicago, IL 60608

Tuesday, June 14

10 a.m. – 3 p.m.

Stroger Hospital Lower-Level Cafeteria

1969 W Ogden Ave.,
Chicago, IL 60612

Thursday, June 16

10 a.m. – 3 p.m.

County Building 8th Floor

118 N. Clark St.,
Chicago, IL 60602

VIRTUAL HEALTH FAIRS ONLINE

Wednesday, June 8

7:30 a.m. -3:45 p.m.

Wednesday, June 15

7:30 a.m. -3:45 p.m.

