

# small steps to BIG WELLNESS

*small but powerful steps to a healthier YOU*



## Wellness Wednesdays 2022 Virtual Health Fairs Schedule

Wednesday, June 8	Wednesday, June 15
<p><b>7:30 a.m.-8:15 a.m.</b>  <b>Transforming Neighborhoods From the Inside Out</b>  <i>United Way of Metro Chicago</i></p> <p>United, we can achieve much more than we can alone. Learn how the Neighborhood Network Initiative works with neighborhood leaders, residents and partners to help solve community priorities, help communities and families thrive and how you can get involved.</p>	<p><b>7:30 a.m.-8:15 a.m.</b>  <b>Well-Being for a Healthier Body and Mind</b>  <i>Magellan Healthcare</i></p> <p>Discover how understanding and addressing well-being can help you develop a thriving life, a resilient mind and a healthy body.</p>
<p><b>11 a.m.-11:45 a.m.</b>  <b>Take Advantage of the Cook County Forest Preserves</b>  <i>Forest Preserves of Cook County</i></p> <p>Getaway and explore. Discover the upcoming events/activities you can attend this summer.</p>	<p><b>11 a.m.-11:45 a.m.</b>  <b>Healthy Chef, Healthy Food, Healthy People with Chef F. Maurice Wells</b>  <i>Blue Cross Blue Shield of Illinois</i></p> <p>Watch and learn as Chef F. Maurice Wells prepares a simple, nutritious, and delicious vegan cauliflower fried rice recipe.</p>
<p><b>3 p.m.-3:45 p.m.</b>  <b>Afternoon Workout Jam with Aquarifit Fitness</b>  <i>Blue Cross Blue Shield of Illinois</i></p> <p>Let's move and get tips on how to incorporate fitness activity, step by step, into a busy life and work schedule.</p>	<p><b>3 p.m.-3:45 p.m.</b>  <b>Mindful Moment Meditation</b>  <i>Blue Cross Blue Shield of Illinois</i></p> <p>Take a moment and join us for a stress-reducing meditation break.</p>



**Get Connected!** Don't miss tips on how small steps can lead to Big Impact on your health and wellness. Join the MyHealth Connections Facebook page.  
[www.facebook.com/groups/Myhealthconnections](https://www.facebook.com/groups/Myhealthconnections)



**Use this QR Code to link to Cook County Wellness!**  
<https://www.cookcountyil.gov/service/wellness>

**PLEASE NOTE:** Photography, video recording, and audio recording may occur at the Cook County Health Fairs. By attending, you consent to photography, audio recording, video recording and their release.