



ignites 2023

MY PURPOSE
MY PHYSICAL HEALTH
MY FINANCES
MY COMMUNITY
MY SOCIAL RELATIONSHIPS



Spark your health and wellness journey!

Real resources, information and support

WELLNESS WEDNESDAYS CALENDAR

- JAN** Live on Purpose! Mental and Emotional Health
- FEB** Cardiovascular Health/Hypertension
- MAR** Your Well-Being: Making Healthy Connections
- APR** Money Matters – Financial Literacy Month
- MAY** Reproductive Health for Women and Men
- JUN** Our Children Are Our Future/Health Fairs
- JUL** Cancer Prevention and Treatments
- AUG** Enjoying Your Health and Fitness Journey
- SEP** Lower Back Pain Prevention and Management
- OCT** Open Enrollment
- NOV** Respiratory and Lung Health
- DEC** The Gift of Health and Wellness



COOK COUNTY
BENEFITS CONNECT

Connect with your Cook County community! Join MyHealthConnections on Facebook.



Share and discover tips to live a healthier lifestyle.
www.facebook.com/groups/Myhealthconnections/

For more information, email: risk.mgmt@cookcountyil.gov