March into Health Kickoff

Featuring CircEsteem Family Performance and Interactive Circus Fun!

Saturday, March 3 • 1 – 3:30 pm
Main Library - 270 N. Grove Ave., Elgin 60120

Fun and Interactive for the whole family:
• Chef Doug from Tarragon Catering cooking demo and tasting, fruit juggling and crafts
• CircEsteem Family Performance and Interactive Circus Fun
• Free tickets distributed at the Activate Elgin table in the Main Lobby from 1 – 2:30 pm
• Fresh Market fresh fruit giveaway

www.circesteem.org

Activate Elgin presents over 30 free community health programs throughout the Elgin area for all ages to celebrate National Nutrition Month. Attend one, or all, free health programs and enter for a chance to win an event prize and one of the several Grand Prizes featured below.

Grand Prizes

Prize opportunities at all events! Grand Prize winners will be notified by April 20.

• 2018 Giant Escape Bike from Spin Doctor Cyclewerks
• Golf Package for 4 to The Highlands Golf Course
• Personal training at the YMCA
• Curves membership
• Family Summer Swim Pass from Elgin Parks and Recreation
• Jump and Promotional Package for 4 to Epic Air Trampoline Park
• Cook County Forest Preserve Family Camping package for 6 or Canoe package for 8

Rethinking March Madness: Revolutionizing Healthy Living

Thursday, March 1 • 10 am – 1 pm
Elgin Community College Building B
1700 Spartan Dr., Elgin 60123

Get back on track with your New Year’s resolution to have a healthier, happier life! Visit informational tables and listen to keynote speakers to learn more about health wellness and creating healthy habits. Presented as part of ECC’s Women’s History Month celebration.
ZUMBA at Taylor Family YMCA
Tuesdays and Wednesdays in March
6:30 – 7:30 pm
50 N. McLean Blvd., Elgin 60123
Zumba fuses hypnotic Latin rhythms for a calorie-burning, heart-racing, muscle-pumping and body-energizing class. You can burn between 500 and 1000 calories per class!

U-46 Wellness Fest MS
Friday, March 2 • 11:30 am – 1:30 pm
Centre of Elgin, 100 Symphony Way, Elgin 60120
Learn a holistic approach to wellness along with The Eight Dimensions of Wellness, including Physical, Social, Inner, Intellectual, Occupational, Environmental, Emotional and Mental. Featuring “Chair-dominants” by Dr. Games. Games and prizes for all attendees. Partners: The Department of Food and Nutrition Services, U-46 Wellness Committee, Elgin Parks & Recreation and Activate Elgin.
Please register: claudiephillips@u-46.org

Film & Discussion Series
Mondays • 6:30 – 7:30 pm
Gail Borden Public Library Rakow Branch
2751 W. Bowes Rd., Elgin 60124
A 30-minute Great Courses film followed by discussion on raising healthy kids.
Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person at any Library Location.
3/5 Developing Your Child’s Emotional Intelligence
3/12 Teaching Kids to Care – the Roots of Empathy
3/19 Growing Up Social in a Digital Age

Wellness Tips for Healthy Kicks
Tuesday, March 6 • 6 – 7 pm
Gail Borden Public Library South Elgin Branch
127 S. McLean Blvd., South Elgin 60177
For parents of young athletes. Joyce Lande of Happy and Healthy Lifestyles shares how packing healthy snacks is an easy way to stay focused on good health habits.
Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person at any Library Location.

Healthy Travels Lunch & Learn
Wednesday, March 7
10:30 am – 12:30 pm
Senior Services Association
205 Fulton St., Elgin 60120
Calling all seniors to join Gail Borden’s Tales & Travel on a journey to Greece—the birthplace of the Olympics—with Fit & Strong exercise with Mini and a Swooshball demo and activity. Free healthy lunch provided. Sponsor: Senior Services Associates, Inc.
Please register: 847-741-0404

Family ZUMBA @ Epic Air
Wednesday, March 7 • 6 – 7 pm
Epic Air Trampoline Park
1675 N. Lancaster Rd., South Elgin 60177
Have fun and get movin’ during this free, all-ages ZUMBA class with Lisa Stepson. Dress comfortably. Optional Add On: Jump at Epic Air from 7 – 8 pm for only $6 per person!
Bring Epic Air Grip socks for jumping.
Pre-registration required.
Email events@epicairpark.com

Kickstart Your Garden!
Sunday, March 11 • 11 am – 1:30 pm
Forest Preserves of Cook County
Rolling Knolls, 11N260 Rohrssen Rd., Elgin 60120
Get healthy this Spring with gardening! Learn about Conservation@Home and how you can be a part of it, sustainable gardening practices, native landscaping and visit with vendors from local clubs and organizations.
Please register: bit.ly/2G7WCG6

Strategies to Rev Up Your Weight-Loss Efforts
Tuesday, March 13 • 5:30 – 6:30 pm
Presence Saint Joseph Hospital • 77 N. Airlite St., Elgin • Diabetes Classroom-Outpatient Entrance 2
Get going with your New Year’s goals with these strategies—sure to get the scale moving downward again!
Please register: Susan.Peterson@presencehealth.org 847-622-2095

Curves Open House
Thursday, March 15 • 9:30 am – 12:30 pm
359 S. Randall Rd., Elgin 60124
Drop in for a free strength-training session, healthy refreshments and information about the benefits of exercise—especially for women—that will make “Marching into Health” a breeze!

Food & Fitness Concerns
Thursday, March 15 • 5:30 – 6:30 pm
Presence Saint Joseph Hospital – St. Luke Room
77 N. Airlite St., Elgin 60123
Obesity and diseases and conditions related to being overweight and out of shape are on the rise. Learn how to improve your eating habits and receive exercise ideas that anyone can do from home.
Please register: debra.perez@presencehealth.org

Healthy Cooking Demo
Friday, March 16 • 3:30 – 4:30 pm
Gail Borden Public Library Rakow Branch
2751 W. Bowes Rd., Elgin 60124
Learn healthy cooking ideas and reduce fat in meals with an air fryer demonstration.
Please register: Online at gailborden.info/register, at 847-429-4597 or in person at any Library Location.

Healthy ME Family Interactive Festival
Saturday, March 10 • 2 – 4 pm
Gail Borden Public Library Main Library
270 N. Grove Ave., Elgin 60120
Yoga, crafts, stories, healthy snacks and healthy tips for the whole family. Sponsors: The Hoffman Estates (IL) Chapter of The Links, Inc., Gail Borden Public Library and Create, Innovate, IGNITE!
Worm Composting for Families

Saturday, March 17 • 2 – 3 pm
Gail Borden Public Library Main Library
270 N. Grove Ave., Elgin 60120
Reduce food waste and build soils with the Worm Kings. Sponsors: Worm Kings & Shared Harvest.
Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person at any Library Location.

Wellness Fair

Tuesday, March 20 • 11 am – 1 pm
Judson University Lindner Fitness Center
1151 N. State St., Elgin 60120
Join us for a time of health, wellness, fun and education, hosted by ESS Students!

Grow Your Own Salad

Monday, March 26 • 10:30 – 11:30 am
Gail Borden Public Library South Elgin Branch
127 S. McLean Blvd., South Elgin 60177
Grow seeds in a mini-greenhouse.
Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person at any Library Location.

Spring Breakout Adventures

Tuesday, March 27 • 11 am – 2 pm
Rolling Knolls, 11N260 Rohrssen Rd., Elgin 60120
Come out and try your hand at all this unique, 56-acre preserve has to offer, with archery, staff-LED hikes to explore the biodiversity, fishing, an orienteering course or trying out your frisbee throwing on our 18-hole disc golf course.

Financial Health and Stress Reduction 101

Wednesday, March 28 • 6 – 7 pm
Gail Borden Public Library Main Library
270 N. Grove Ave., Elgin 60120
Join KCT Credit Union to explore ways to reduce stress by taking a hold of stressful financial conditions. Learn financial tips and mindfulness tricks that bring peace of mind and confidence. Healthy snacks provided.

Health & Wellness Apps

Wednesday, March 28 • 5 – 6:30 pm
Gail Borden Public Library Main Library
270 N. Grove Ave., Elgin 60120
Learn about some of the best health and wellness apps for nutrition, fitness, medical information, personal care and more.
Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person at any Library Location.

Community Health and Preparedness

Thursday, March 29 • 6:30 – 8:30 pm
Gail Borden Public Library Main Library
Grove Room • 270 N. Grove Ave., Elgin 60120
Learn helpful necessities to keep your family healthy and safe in the event of a public health emergency. Presented by Kane County Medical Reserve Corps.

Walk-n-Hop to SEBA Park

Friday, March 30 • Noon – 1 pm
Starting at: Gail Borden Public Library South Elgin Branch • 127 S. McLean Blvd., South Elgin 60177
Join library and village staff as we "March into Health" strolling down Spring Street for a treat at SEBA Park.
Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person at any Library Location.

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Español

Inauguración de March into Health (Marcha hacia la salud!)

¡Presentando una función familiar por CircEsteem y diversiones de circo interactivas!
Sábado, 3º de marzo • 1 – 3:30 pm
Biblioteca Pública Gail Borden - Biblioteca Principal • 270 N. Grove Ave., Elgin 60120
¡Presentación familiar divertida e interactiva, Chef Doug de Tarragon Catering, demostración de cocina y prueba de comida, malabarismo de frutas, artesanías y obsequio de frutas frescas de Fresh Market!
Los boletos para Circesteem se distribuyen en la mesa de Activate Elgin 1 – 2:30.

Festival de Bienestar con U-46 y el Dr. Sweat

Viernes 2º de marzo • 12 – 1 pm
Centre of Elgin • 100 Symphony Way, Elgin 60120
El Departamento de Servicios de Alimentos y Nutrición en conjunto con el Comité de Bienestar de U-46 y el Centro de Elgin para el "Festival de Bienestar".
Por favor registrese con: claudiephillips@u-46.org

ZUMBA en Taylor Family YMCA

Las clases son todos los martes y miércoles en marzo de 6:30 – 7:30 pm
50 N. McLean Blvd., Elgin 60123

Tome Control de su Diabetes:
Primera clase de una serie de 6 semanas
Sábado, 17 de marzo • 10 am – 1 pm
Biblioteca Pública Gail Borden - Biblioteca Principal • 270 N. Grove Ave., Elgin 60120
Si tiene diabetes, vive con alguien que tiene diabetes o ha sido diagnosticado con prediabetes, esta clase le brindará la ayuda que necesita. Hable con médicos, un nutricionista y otros proveedores de atención médica del Hospital Sherman. Encuentre maneras útiles de controlar su dolor y fatiga, descubra maneras de tomar decisiones nutricionales más inteligentes. Reciba recursos para controlar mejor su diabetes y cree planes de acción paso a paso para mejorar su salud y su vida. Habrá actividades para niños.
Por favor registrese con: Paola Velazquez al 224-783-2398. Presentado por el Hospital Advocate Sherman en español.
Ways to get active this spring and summer:

Elgin Mayor Dave Kaptain is challenging all Elginites to get out and walk to improve their health and their neighborhood.

Mayor’s Community Walk Challenge
Look for details for the Mayor’s 2018 Walking Challenge. Visit www.activateelgin.org and like the Facebook page for more information.

2018 Walk with the Mayor
Walk with the Mayor on May 30, June 20, July 18, August 1, August 15 and September 5. Visit www.activateelgin.org and like the Facebook page for more information.

Kane County
1 Billion Steps Challenge
The Kane County Community Health Improvement Action Team is getting Kane County active! Join our 1 Billion Steps Challenge and help Kane County reach 1 billion steps by April 8. Kane Health Counts Steps: bit.ly/2CFsw2b or www.kanehealthcounts.org

3 maneras de mantenerte activo en la primavera y el verano:
• Reto de Caminata del Alcalde www.activateelgin.org
• Marchas con el Alcalde www.activateelgin.org
• Reto de un Billón de Pasos del Condado de Kane bit.ly/2hGqGns www.kanehealthcounts.org

2018 Partners & Sponsors

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#ActivateElgin  #MarchIntoHealth