



March into Health 2020

Free Community Events

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



March into Health Kickoff

Celebrate healthy fun for the whole family!

Saturday, March 7 2 - 4:30 pm

Featuring Chicago Red Stars FIFA Women's Soccer Mascot

Gail Borden Main Library Meadows Community Rooms
270 N. Grove Ave., Elgin, 60120

Enjoy the March into Health Kickoff with Chicago Red Stars FIFA Women's Soccer Mascot, Super Soccer Stars interactive soccer activities, healthy food samples, prize opportunities, family fitness activities and more!

Attend the Kickoff event for a chance to win:

- Chicago Red Star Tickets for 4
- \$50 Epic Air Trampoline Park Gift Card
- Lunch for 2 at McAlister's Deli

Event prize-winners announced at 3:35 pm.

2 pm - Lobby

- Chicago Red Star FIFA Women's Soccer Supernova
- Super Soccer Stars interactive soccer demo
- Chef Doug from Tarragon Catering sushi demo
- Elgin Fresh Market fresh fruit give-away
- Partner wellness tables, crafts and activities

2 pm - Story Room

- Making Health a Habit Art Project

3:40 pm - Meadows Community Rooms

- Super Soccer Stars interactive soccer presentation
- Steve Ettinger mindfulness, laughter and fitness

Don't forget to check out the **Explore Vegetarianism Exhibit** throughout the month of March at the Main Library on the second floor! www.gailborden.info/vegan

Grand Prizes

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

- * \$250 Elgin Fresh Market-Summit Street Gift Card
- * \$250 Elgin Fresh Market-McClean Blvd Gift Card
- * Chicago Red Star Women's FIFA Soccer Season Tickets for 2
- * Golf Package for 4 to The Highlands Golf Course
- * 3 free months membership, Single or family Taylor YMCA
- * Family Summer Swim Pass from Elgin Parks and Recreation
- * Cook County Forest Preserve Family Camping Package for 6 & Canoe Package for 8
- * Epic Air Trampoline Park Family Jump Package
- * McAlister Deli Healthy Lunch for 10
- * Free In-Office Whitening High Point Family Dentistry

Family Open House

Saturday, February 29 ♦ 7 am - 5 pm

The Edward Schock Centre of Elgin
100 Symphony Way, Elgin, 60120
Centreofelgin.org
Fitness Center Tours

7 am - 5 pm

Free Group Fitness Classes

7:30 am - Cycle Class.....Spin Studio

(Limited bikes available)

8 am - CoreRAGEous Rounds.....Aerobic Studio

8:15 am - Reps & Sets.....Spin Studio

9:15 am - Yoga.....Aerobic Studio

9:15 am - Latin en Fuego.....Spin Studio

10:45 am - CoreRAGEous Rounds.....Aerobic Studio

Noon - 5 pm - Free Family Open Swim

(Children must be accompanied by an adult)

2 - 5 pm - Free Family Open Gym

(Children must be accompanied by an adult)

Senior Health Awareness

Tuesday, March 3 ♦ 11 am - 2 pm

Oak Street Health - 833 Summit St., Elgin, 60120

Free health screening, presentation on healthy eating, and games. Food will be served.

www.oakstreethealth.com

Wellness Scavenger Hunt

**Monday, March 2 - Saturday, March 7
During Main Library Hours**

Gail Borden Public Main Library KidSpace
270 N. Grove Ave., Elgin, 60120

Stop by KidSpace all week long for a fun, wellness-inspired scavenger hunt!
www.gailborden.info

Free ZUMBA for the Month of March

**Mondays and Wednesdays in March
6:30 - 7:30 pm**

Taylor Family YMCA - 50 N. McLean Blvd., Elgin, 60123

The community is invited to the Taylor Family YMCA for FREE Zumba Dance Class every Monday and Wednesday evenings for the full month of March. Zumba fuses hypnotic Latin rhythms for a calorie-burning, heart-racing, muscle-pumping and body-energizing class.

www.taylorymca.org

Lunch & Learn: Fit, Farm & Garden

Wednesday, March 4 ♦ 10 am – 1 pm

Senior Services Associates, Inc. - 205 Fulton St., Elgin, 60120
Calling all seniors! Come learn about local farm operations, ladybugs, walking sticks and praying mantises with Gail Borden Public Library's Library Fun & Facts and a local farmer. Bonus Fit & Strong program with Lorry Davies of Senior Services, and a free healthy lunch provided. Senior Services Association & Gail Borden Public Library. Please register for lunch: 847-741-0404.

What is NUCCA? Chiropractic Care Without Popping Twisting or Cracking

Friday, March 6 ♦ 1 – 2:30 pm

Gail Borden Main Library - 270 N. Grove Ave., Elgin, 60120
1st Place Chiropractic will share best practices for spinal health and maintaining it. This interactive seminar will give you the tools to maintain health and longevity! Chiropractic Care that is safe and gentle with no popping, twisting or cracking; a holistic approach to health and wellness. Refreshments provided. 1stplacechiropractic.com

March into Health with Plant-Based Nutrition!

Sunday, March 8 ♦ 2 – 4 pm

Gail Borden Main Library - 270 N. Grove Ave., Elgin, 60120

Ashwani Garg, MD, a Family Physician and expert in Lifestyle medicine, will explain the science behind plant-based nutrition.

Stefanie Ignoffo is a "plant interventionist." She will share the story of her entire family's amazing transformation through plant-based cooking and offer a quick-and-easy food prep demonstration.

After the presentation, explore the history of the vegetarian way of life that includes good health, as well as land and water conservation—all part of the interactive traveling exhibit from **The National Vegetarian Museum**, sponsored by the Community Harvest Educational Foundation and The Elgin Sustainability Commission. cheffillinois.org and vegmuse.org
Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person.

*See back page of the Gail Borden Newsletter for more information about the **What Does it Mean to be Vegetarian** exhibit at the Main Library throughout March!*

Full Moon Ride: Elgin Bike Hub

Monday, March 9 ♦ 9 pm – 10:30 pm

Advocate Park, 179 E. Chicago St., Elgin, 60120

Join us for the monthly Elgin full moon ride. This will be a moderate pace ride for a few miles throughout the core neighborhoods of Elgin. Reminder: Illinois State law requires bike riders to have a clear light on the front and a red reflector or a red light on the back for night time riding. Let's all be easy to see on the street. elginbikehub.com

Back Pain

Monday, March 9 ♦ 6:15 – 7:30 pm

IMAC Regeneration Center - 810 S. McLean Blvd., Elgin, 60123

Learn about non-surgical relief options for low back, neck and hip pain. We'll discuss pros and cons of various treatments and why they may have not worked in the past, and present the most current and cutting-edge protocols to give you the knowledge and power to avoid drugs and surgery. Our interdisciplinary team has years of clinical experience and wants to share their experiences to get you better faster and help keep you better longer.

Refreshments provided. Please register with Betsy 246-223-3792 or bciciliot@imacchicago.com imacchicago.com

Mental Fitness Open House: Practicing an Attitude of Gratitude

Tuesday, March 10 ♦ 4:30 – 6:30 pm

AMITA Health Saint Joseph Hospital Diabetes Classroom - Outpatient Entrance 2

Good health includes mental fitness and attitude makes all the difference! We'll talk about balancing hobbies, social time, alone time, rest, movement, setting boundaries and seeking support. Drop in for this fun evening of interactive learning. Please register: Sue Peterson 847-622-2095 or susan.peterson2@amitahealth.org

Elgin Alive Live Well Locally: Mindfulness, Labyrinths and Trails

Tuesday, March 10 ♦ 7 – 8:30 pm

Gail Borden Main Library Meadows Community Rooms

270 N. Grove Ave., Elgin, 60120

Join us for a mindful walk through Elgin's offerings for nature walks, bike rides and hiking trails. Walk, bike and hike Elgin. Elgin Community Network. elgin-ecn.org

How Does Dental Health Impact Your Overall Health?

Tuesday, March 10 ♦ 6 – 7 pm

High Point Dentistry - 1350 E. Chicago St. Suite 4, Elgin, 60120

Join Dr. Vu Kong, dentist/owner of High Point Dentistry, as he discusses the impact of dental health on the body. Poor oral hygiene can lead to dental cavities and gum disease, and has also been linked to heart disease, cancer and diabetes. Learn ways to prevent disease, tips to keep your smile healthy for a lifetime, and about affordable tooth replacement options, followed by a Q & A. Food and drinks will be served.

Please register by emailing: highpointsmiles@gmail.com highpointsmiles.com

Healthy cooking and Tasting with Jeffery Harris

Wednesday, March 11 ♦ 11 am – 1 pm

822 Summit St., Elgin, 60120

Chef Harris will be cooking healthy meals and discussing the do's and don'ts to healthy eating for seniors. There will also be a \$50 raffle for the seniors who attend. oakstreehealth.com

Women's Health and Wellness

Wednesday, March 11 ♦ Noon – 1 pm

77 N Airline St., Elgin, 60123

AMITA Health Saint Joseph Hospital Diabetes Classroom - Outpatient Entrance 2

Join Dr. Shaheen Misbah, Family Practice Physician, for a conversation about the unique health and wellness needs of women, including the importance of an annual physical and preventative screenings. Bring your questions! Please register: 847-622-2095 or mary.macdonald@amitahealth.org

Toddler Storytime and Craft

Friday, March 13 ♦ 11 – 11:45 am

Epic Air Trampoline Park

1675 N. Lancaster Rd., South Elgin, 60177

Join us for a free storytime and craft event for ages 5 & under! Jump into fitness with more fun from 9 – 11 am with a special toddler jump time for only \$10. Please email us guest names to register:

admin@epicairpark.com epicairpark.com

Elgin Teen Life: Sushi Demo and tasting with Chef Doug

Wednesday, March 13 ♦ 5 – 6 pm

Gail Borden Main Library Studio 270

270 N. Grove Ave., Elgin, 60120

Learn how to master the art of creating sushi from Master Chef Doug Yeomans of Tarragon Catering. Sponsors: Gail Borden Public Library District, Elgin Police Department and Activate Elgin.

tarragoncatering.vpweb.com gailborden.info

Preschool Bilingual Story Time

Saturday, March 14 ♦ 10 – 11 am

Greater Elgin Family Care Center

450 Dundee Ave., Elgin, 60120

Preschoolers with a caregiver. Enjoy a healthy storytime with a Gail Borden Public Library ReaderShip storyteller followed by a craft.

gefcc.org

Immunization Panel Discussion

Monday, March 16 ♦ 6:30 – 8:30 pm

Gail Borden Main Library - 270 N. Grove Ave., Elgin, 60120

Interested in learning more about childhood immunizations? Join a panel of immunization experts for an open discussion and questions. All are welcome to attend! Hosted by Building

Community Immunity Together.

gailborden.info/events kanehealth.com

Visit from the Tooth Fairy

Saturday March 21 ♦ 1 – 2 pm

Gail Borden Library South Elgin Branch

127 S. McLean Blvd., South Elgin, 60177

Learn about dental health with your little ones with a story and craft!

Please register: Online at gailborden.info/register, over the phone at 847-429-4597 or in person.

