

MOVE



WITH THE MAYOR
— WEST CHICAGO —

The Move with the Mayor Challenge is a six-city campaign that asks citizens to take steps to improve their health by walking during the month of September. This challenge shows that even busy people, like the Mayor, make time for their heart health.


You can, too, please join us.

For all you need to know about Move With the Mayor, access the web page by scanning the QR code.



September 3rd, 2016
Gary Elementary School

Register for walk at 8:30 am
Walk steps off at 9:00 am

 Gary Elementary School
130 E Forest Ave

Joliet St

Lester St

Forest Ave

Glen Ave

Gates St

Augusta Ave

Garys Mill Rd


Currier Elementary School
800 Garys Mill Rd

September 10th, 2016
Currier Elementary School

Register for walk at 8:30 am
Walk steps off at 9:00 am

Route winds through
Blackwell Forest Preserve



Healthy
West Chicago

***All routes are approximately 30 minutes to complete and are stroller friendly**
Please turn over for more Move With the Mayor dates.

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There will be a free pre-walk yoga stretch session at every date offered by West Chicago resident Farrah Brown, owner of Thalia Soul Care, for all participants.

To learn more about the Move with the Mayor Challenge please check out the following website sponsored by the National Forum for Heart Disease and Stroke Prevention:
<http://www.nationalforum.org/content/world-heart-day-move-mayor-challenge>

September 17th, 2016
Healthy West Chicago
Office at St. Michael's
Church

Register for walk at 8:30 am
Walk steps off at 9:00 am

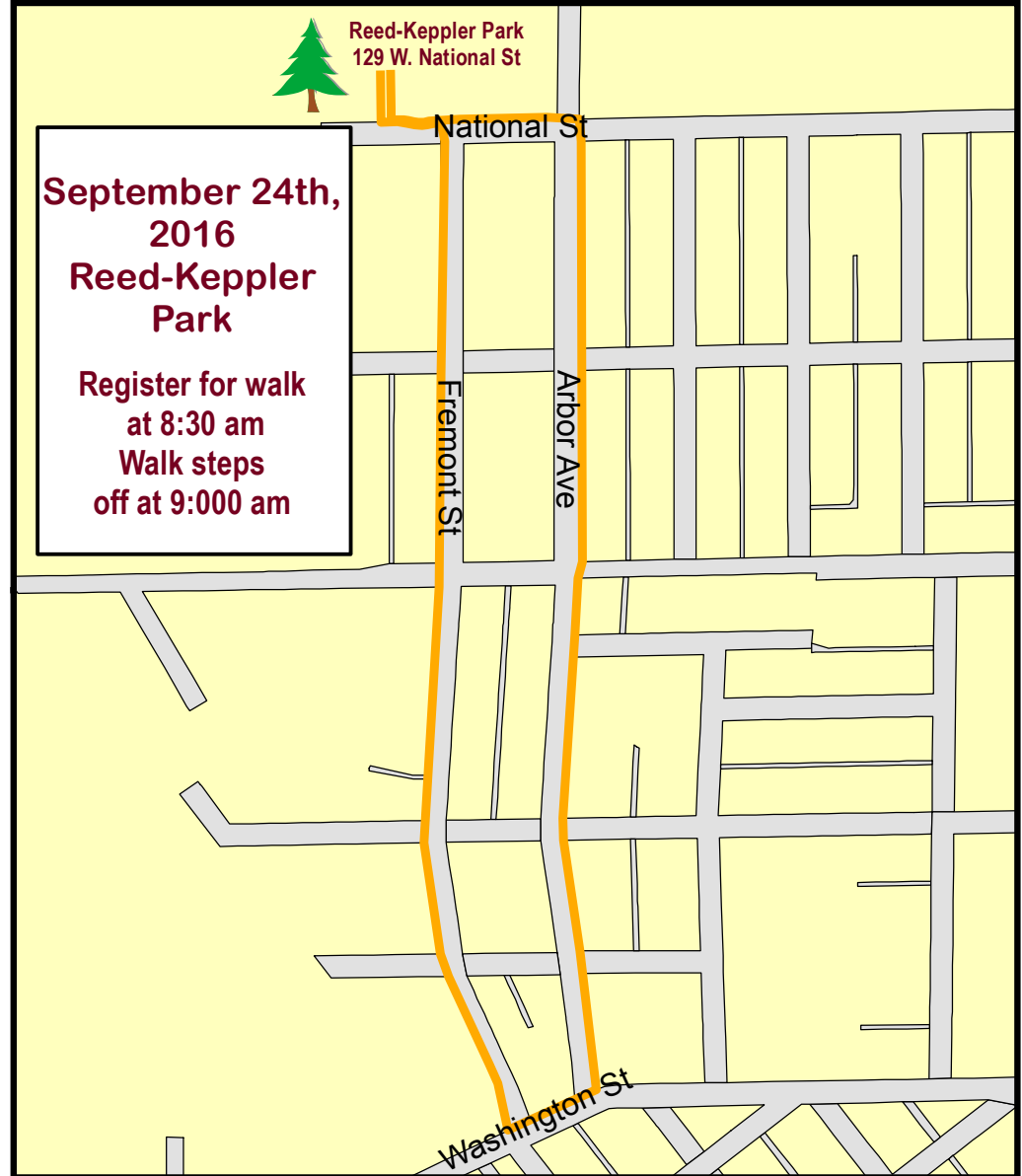


Healthy West Chicago Office
108 Sherman St



September 24th,
2016
Reed-Kepler
Park

Register for walk
at 8:30 am
Walk steps
off at 9:00 am



Reed-Kepler Park
129 W. National St

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