

University of Illinois Extension and
Black Hawk State Historic Site present...

Winter Wellness Family Event

Sat, February 17, 10 am - 1 pm
Watch Tower Lodge
Black Hawk Park, 1800 46th Ave. Rock Island, IL.

Join us for the perfect winter day escape into health and wellness at our 3rd annual FREE Winter Wellness Family Event! Engage in lessons from Blue Zone regions where people live longer and experience higher well-being.

Here's what's planned:

Blue Zone Bowls:

- Sample ingredients from Blue Zone diets as you build your own flavorful bowl to eat. Warm up with a selection of hot tea and cocoa.
- Win a Blue Zone Bowl Kit: Complete an activity sheet for a chance to take home a meal kit.

Crafts & Community: Social Connections are key to longevity!

- Engage in hands-on crafts as you socialize with friends at the event.
- Enjoy classical guitar music by local musician Jeffrey Davies.

Interactive Stations:

- Learn to reduce food waste and create eco-friendly cleaning products.
- Dive into heart-healthy practices and nutrition with Blue Zones lessons.
- Grab a free 2024 Eat.Move.Save recipe calendar from SNAP-Ed.

Kids' Activities:

- Hands-on activities for youth from 4-H and AOK Childhood Network.
- Get active at the kids indoor obstacle course.
- Capture memories at the selfie station.

Health Checks from UnityPoint Health

- Nurses will be on hand offering diabetes assessments, blood pressure screenings, health resources, class information, giveaways, and more.

Explore History:

- Visit the Hauberg Museum to learn about Sauk and Meskwaki (Fox) Indians.

Don't miss this fun-filled day of wellness for all ages!
Details @ go.illinois.edu/WinterWellness

University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to participate, contact (309) 756-9978.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

University of Illinois Extension
321 W 2nd Ave. Milan, IL
(309) 756-9978
go.illinois.edu/WinterWellness

Support for this event is provided by: **ROCK ISLAND COUNTY EXTENSION**
4-H EDUCATION FOUNDATION