

Join us for the perfect winter day escape into health and wellness!

University of Illinois Extension and Black Hawk State Historic Site
invite you to our 4th annual

Winter Wellness Event

Sat, February 8th, 10 am - 1 pm








Watch Tower Lodge, Black Hawk Park
1800 46th Ave. Rock Island, IL

Join us for a day of wellness, discovery, and fun!



Take a break from screens and connect with nature, creativity, and community.

Event Highlights:

-  **DIY Food Creations** – Make delicious pancakes and pizzas and choose your own healthy toppings.
-  **Hands-On Crafts** – Explore your creative side with fun make and take projects.
-  **Youth-Focused Games** – engaging activities that make learning about health and nutrition fun for kids from AOK and SNAP-Ed.
-  **Hauberg Museum** – Discover the story of the Sauk and Meskwaki people.
-  **Nature Walks** – Explore the beautiful grounds at Black Hawk Park.
-  **Master Gardener Booths** – Get tips on gardening, nature, and birdwatching.
-  **Information Booths and Wellness Checks** – Illinois Extension and partner agencies will have great information on health and wellness to share.

Why "Unplugged"?

This year, we're encouraging participants to:

- **Reconnect** with loved ones through face-to-face interactions.
- **Recharge** mental health with mindfulness and outdoor activities.
- **Learn** ways to live healthier, more balanced lives.

Admission is free, and all ages are welcome!

Don't miss this opportunity to enjoy wellness, creativity, and connection in a fun and supportive community atmosphere.

For more details, visit go.illinois.edu/WinterWellness
or call (309) 756-9978

Special thanks Rock Island County Extension & 4-H Foundation for their support



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