

Winter Wellness Event

Sat. Feb. 26, 9 am - Noon



Singing Bird Nature Center, 1510 46th Ave, Rock Island, IL

University of Illinois Extension and Citizens to Preserve Black Hawk Park Foundation have teamed up to offer a free winter wellness event. Come enjoy family fun for all ages with hands-on activity stations and presentations inside Singing Bird Nature Center. Masks will be required for indoor activities.

BIRDS

Learn about Midwestern birds and what you can do to support their life cycle from IL Extension Master Gardener & Master Naturalist volunteers. Make and take a window cling to prevent bird collisions at your house.



KIDS CREATE

4-H will be offering hands-on nature crafts, a scavenger hunt, and make and take bird feeder activity. Kids can also learn about winter weather and play with magic SNOW with Mercer County Ag Literacy.



SOUP & HOT COCOA

Warm up! Illinois Extension SNAP-Ed will offer free soup and hot cocoa. Pick up recipes and other nutrition and wellness resources.



HAND KNITTING

Pre-register for a workshop at 9 am to explore fiber art as you learn a simple hand-knitting process to make your own pillow. \$10 for supplies – class size limited to 10 with advance registration only at this link: go.illinois.edu/HandKnitting



NATURE & WELLNESS

@ 11:00 A.M.

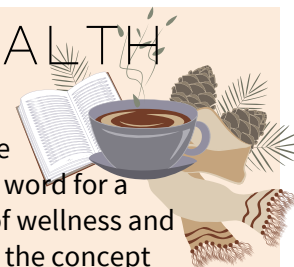
Emily Swihart, IL Extension horticulture educator, will share findings on how interacting with nature can help sooth your body, mind and spirit during her Nature & Wellness presentation at 11 am. (seating is limited, first come, first served.)



HYGGE & HEALTH

@ 10:30 A.M.

Winter is a great time to embrace hygge - a Danish and Norwegian word for a mood of coziness with feelings of wellness and contentment. Learn more about the concept and how your health can benefit from having more hygge in your life during this presentation at 10:30 am (seating for the presentation is limited, first come, first served.)



WINTER WALK

Head outside and visit our winter wellness signs along the pathways between Singing Bird and Black Hawk State Historic Site for tips on ways to stay active and healthy.



MUSEUM VISIT

Visit the Hauberg Museum which tells the story of the Sauk and Meskwaki through interpretive maps, artifacts, and seasonal dioramas.



Black Hawk
State Historic Site



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Get all the 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 us at 309-756-9978.