

HEALTHY LIVING IN PARK RIDGE

April 2017
Healthy Living Month



The Official Sponsors of Healthy Living Month are teaming up to promote healthy living: City of Park Ridge, School District 64, Mary Seat of Wisdom School, Park Ridge Public Library, Park Ridge Park District, Park Ridge Police Department, American Heart Association, Advocate Lutheran General Hospital, Advocate Children's Hospital, GoGreen! Park Ridge, and Healthier Park Ridge Commission.

April 3-7 HEALTH & NUTRITION WEEK

Students eat more fruits and vegetables and complete pledge cards for the Healthy Living Month school raffle.

District 64 Wellness Council Caught Being Healthy - Students who bring a healthy lunch to school this week earn an extra raffle ticket.

April 3-28 Advocate Children's Health Resource Center and Injury Prevention programs will provide complimentary raffle prizes for 2 children per school who submit their Healthy Living Month pledge cards: raffle winners will receive 1 certificate for a free bicycle helmet or 1 bag filled with prizes to keep kids healthy!

April 3-13 Bicycle Safety Coloring Contest

Students in Grades K-3 download and color a bicycle safety picture by April 13. Three winners will be selected per grade and recognized at the Park Ridge City Council meeting on Monday, May 1 at 7:00pm. Download coloring page at www.parkridge.us/police/default.aspx.

April 10-14 NEAT TO USE YOUR FEET WEEK

Students walk to and from school and complete pledge cards for the Healthy Living Month school raffle. This week, District 64 will participate in the American Heart Association's service learning program, *Jump Rope for Heart*. To learn more, visit: heart.org/jump.

April 5 7:00pm
Park Ridge City Hall

Healthy Living Month Proclamation

Representatives of School District 64 will be on hand to accept the City of Park Ridge Official Proclamation.

April 17-21 GO GREEN WEEK

Each day students do something good for the Earth and complete pledge cards for the Healthy Living Month school raffle.

April 22 Earth Day 2017!

April 23 Mammals & More with Flying Fox Conservation Fund

2:00pm - 3:00 pm. Park Ridge Library. Celebrate Earth Day by learning about (and meeting!) some of the most unique creatures from around the world. Tickets available April 8. Free for Park Ridge residents and \$3 non residents.

April 24-28 SCREEN-FREE WEEK

Students refrain from screens, enjoy other activities, and complete pledge cards for the Healthy Living Month school raffle.

April 25-26 Park Ridge Library (Smart Money Week Programs)

Registration required:

Smarter Spending Right Now! April 25 7:00pm - 8:00pm. Build new habits to spend smarter. Learn about today dollars vs tomorrow dollars, how we hide spending from ourselves, and how to build a "financial fortress."

Understanding Medicare and Your Options April 26 2:00pm - 3:00pm. Enrolling in Medicare? Learn details of Medicare, Medicare Advantage, Medicare Supplement, and Prescription Drug Coverage.

Teen Budgeting 101 April 26 7:30pm - 8:45pm.

April 26 Screen-Free Week Pop-up Craft

4:00pm - 4:45pm. Park Ridge Library Children's Department. Drop in. We're putting away the iPads and bringing out the craft supplies for some good, old-fashioned, hands-on crafting. We'll provide supplies. You provide the creativity. Open to children of all ages.

April 29 National Drug Take Back Initiative

10:00am - 2:00pm. Bring unused, expired, and unwanted prescription medication to Park Ridge Police Station lobby, 200 S. Vine. No sharps or liquids. Miss this date? The lobby also has year long 24/7 drop box.

Looking Ahead . . .

April means more kids on bikes. Learn about the proper fitting of a bicycle helmet and more on **Advocate Children's Hospital website**: www.advocatechildrenshospital.com/bicycle-helmets.

The **Park Ridge Farmers Market** will run every Saturday, 7:00am - 1:00pm, May 27 - October 28. Visit www.parkridgefarmersmarket.com for more information and follow on Facebook. SNAP and Illinois Link accepted.