

HEALTHY LIVING in Park Ridge

Healthy Living Month



April 3 Park Ridge City Council Healthy Living Month Proclamation

School District 64 representatives will officially accept the proclamation at the City Hall at 7:00 pm.

April 1-5 Health and Nutrition Week

Students eat 'k [h]b' l G85 'fYw' a a YbXU'cbg'cZH Y fruit and vY []Y' [fci d'fW ccgYa md'UH' [c] L



April 8-12 Neat to Use Your Feet Week

Students are challenged to be physically active (before school, at school, and after school).



April 15-19 Go Green Week

Each day students do something good for the Earth (conserve energy, reduce, reuse, recycle).



April 22-26 Screen-Free Week

Students refrain from screens. Instead, they enjoy reading, sports, and other fun activities.



Each week students submit digital pledge cards showing their commitment to be healthy. Students are then entered into weekly Healthy Living school raffles. Prizes are sponsored by Advocate Children's Hospital. Thank you!

Thanks to our many community sponsors: City of Park Ridge, School District 64, Advocate Children's Hospital, GoGreen! Park Ridge, Park Ridge Public Library, Park Ridge Park District, Park Ridge Police Department, and Park Ridge Health Commission.



**The Goal...Healthy Bodies,
Healthy Minds, Healthy Community!**

April 4 City of Park Ridge collects sharps, prescription medications, CFL's and fluorescent lightbulbs from 8:00-11:00 am in the lobby of City Hall. There is also a prescription drug collection box in the lobby at the Park Ridge Police station for people to drop off unwanted, unused and expired medications which is accessible 24/7, 365 days a year.

April 5 Friday Night Live Club 7:00-9:00 pm @ Maine Park A fun, safe, social event for students in 4th & 5th grades. Each month is themed and features a DJ. \$5 at door (cash only). Concessions available.

April 6 Early Childhood Expo 9:00-Noon @ Maine Park Sample everything the Park District has to offer children ages 5 and younger all in one place! Scavenger hunt through the facility. FREE

April 13 Pedals for the Parks- Bike Donation 9:00-Noon @ Centennial Aquatic Center. Bike donations accepted. Donors receive 20% off purchase of another bike at the sale or a tax deductible donation.

April 15-19 #SLURP

Go Green Park Ridge is encouraging all to take and post photos that shed light on the need for plastic straw reduction initiatives as well as the positive example our Straws Literally Upon Request Policy sets. Let's see #SLURP in real Park Ridge life.

April 22 Earth Day Work Day 4:30-5:30 pm @ Wildwood Nature Center Join the Park District to clean up the Maine Park woodland, pond, and prairie. Perfect opportunity for service hours or giving back to the community. Children must be accompanied by an adult.

April 22 Learn about SOLAR Power 7:00 pm @ the Park Ridge Public Library. Peter Gorr, a Solar Ambassador from Illinois Solar Energy Association, will provide the latest information on home, business, not-for-profit and public solar photovoltaic electric power, including incentives and programs. Sponsored by the Park Ridge Community Health Commission.

April 24 Family Book Discussion 6:30-7:15 pm Grades 1-3 @ PR Public Library featuring *The Mouse and the Motorcycle* by Beverly Cleary.

April 26 Third Grade Throwdown 7:00-9:00 pm @ Maine Park Have a blast with your friends dancing to a live DJ. This event is only for 3rd graders. \$5 @ door (cash only). Concessions available.

April 27 Pedals for the Parks-Bike & Trike Sale 9:30 am-1:00 pm @ Centennial Aquatic Center Shop the Park Ridge Friends of the Park's 6th Annual Pedals for the Parks Bike & Trike Exchange for used bikes and trikes. Purchases benefit the programs of the Park Ridge Friends of the Parks campaign to build Outdoor Nature Classroom at Maine Park.

April 27 Earth Day Celebration 11:00 am-3:00 pm @ Maine Park Enjoy fun activities, create recycled crafts, music from Roofables, birds from Northern Illinois Raptor Rehab and Education, creatures from Scales and Tales animal show, shop at vendor booths, learn from green organizations, meet Smokey the Bear, and rope climb a tree. Raffle, food and drinks. Drop off gently used items to be reused and recycled.

Looking Ahead with a Healthy Mind: Park Ridge Farmers Market Saturdays, 7:00 am-1:00 pm May 25 - Oct 26, 2019