



# HEALTHY LIVING MONTH

Co-Sponsored by the City of Park Ridge, the Park Ridge Park District, School District 64, Advocate Lutheran General Hospital, the Park Ridge Public Library, Go Green Park Ridge, and the Park Ridge Health Commission.

## April 6

- (7:00 p.m.) **City Proclamation – “Healthy Living Month”** in Park Ridge. Representatives of School District 64 will accept the Proclamation at the City Council Meeting. *Park Ridge City Hall, 505 Butler Place.*

## April 7 – 11 **Health and Nutrition Week in District 64 Schools.**

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

## April 11

- (8:30-9:50 p.m.) “90’s Night Public Skate” at Oakton Ice Arena. Come out and party to the sounds of the 90’s. Enjoy candy for all kids under age 12 and \$1 skate rental! Everyone in attendance will be entered in a drawing for two tickets to a Chicago Wolves hockey game!

## April 14

- (7:00 p.m. – 8:30 p.m.) “*It’s Your Decision: Everything You Need to Know About Advanced Health Care Directives*” a joint lecture presented by Dr. Judith Gravdal, Chair of Family Medicine and Rev. Kevin Massey, VP Mission and Spiritual Care. *Johnson Auditorium, Advocate Lutheran General Hospital, 1775 Dempster St., Park Ridge.*

## April 16

- (6:00 p.m. – 8:00 p.m.) *Hors d’oeuvres and refreshments at 5:15pm. “Autism Spectrum Disorder Round Table—Parents and Providers Partnering for the Best Outcome.”* A unique opportunity to learn about the diagnosis of autism spectrum disorder and a family-centered approach to care. *Center for Developmental and Behavioral Pediatrics, Advocate Children’s Hospital, Park Ridge Campus, 1775 Dempster St., Park Ridge.*

## April 13 – 17 **Neat to Use Your Feet Week in District 64 Schools.**

Students walk to and from school and complete pledge cards for the Healthy Living Month school raffle.

## April 18

- (9:00 a.m. – 12 noon). “Electronics Recycling Day.” Sponsored by Park Ridge Chamber of Commerce and City of Park Ridge. *Park Ridge Public Works Service Center, 400 Busse Hwy. (just west of Greenwood), Park Ridge.*

## April 19

(2:00 p.m. – 2:45 p.m.) “Earth Day Science Show” at the Park Ridge Public Library, 20 S. Prospect Ave., Park Ridge. Science educator and performer Steve Belliveau presents this fun, interactive Earth Day Science Show featuring alternative energy science (Grades 1-6). Tickets go on sale April 4. Sponsored by Friends of the Library.

For more Library events during Healthy Living Month, please visit <http://parkridgelibrary.evanced.info/eventcalendar.asp>.

## April 20 – 24 **Go Green Week in District 64 Schools.**

Students engage in activities to protect the environment and complete pledge cards for the Healthy Living Month school raffle.

## April 21

- (6:00 – 7:00 p.m.) “Science Night” at Wildwood Nature Center. Turn your family into scientists and explore fun science concepts with us! Make cool discoveries through experiments, projects, and play. Register in advance at [prparks.org](http://prparks.org).

## April 22 **Earth Day!**

- (9:00 a.m. - 10:30 a.m.) **Health Care Forum**, Park Ridge Chamber of Commerce. Panera Bread Community Room, 39 S Northwest Hwy, Park Ridge. The Health Care Forum of the Park Ridge Chamber of Commerce is a collaborative group of health and wellness professionals. The Forum provides health education and resources to empower a healthier community.
- (4:00 – 6:30 p.m.) **Drop-in Bike Helmet Sale & Fitting**. Drop by to select a helmet for everyone in your family! Toddler, youth and adult sizes are \$11 per helmet, first come-first served. The event will be held at Carpenter School, 300 N. Hamlin Ave., Park Ridge, and is co-sponsored by the District 64 Traffic Safety Committee and Advocate Lutheran General Hospital Trauma Services. Trauma Services staff will custom-fit your new helmet to each child or adult.
- (4:30-5:30 p.m.) “**Earth Day Work Day**” at Wildwood Nature Center, 529 Forestview Ave., Park Ridge. We are cleaning up the Maine Park woodland, pond, and prairie in observance of Earth Day. A free event for all ages. An adult must accompany children. (See also May 2 event below).

## April 27 – May 1 **Screen-Free Week in District 64 Schools.**

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

## April 27

- (5:00 p.m. – 8 p.m.) \$10 bushels at the Oakton Driving Range and 2-for-1 batting cage tokens at the Oakton Batting Cages.

## April 28

- (5:30 p.m. – 6:30 p.m.) “Wildwood Nature Center Animal Hour.” An up close encounter with Wildwood Animals. Free for all ages.

## April 29

- (6:00 p.m. – 7:00 p.m.) “Take a Hike Around Wildwood Prairie & Pond.” Free for all ages. A naturalist will lead you down the woodland trail, around the prairie, and to the pond.

## April 30

- (7:00 p.m. – 8:00 p.m. “Parent/Child Zumba” at South Park, 833 Talcott Ave., Park Ridge. Follow dance moves of the salsa, meringue, hip-hop, country, and more. Free for all ages.

## May 1

- (6:30 p.m. – 8:00 p.m.) “Pool Play Out at the Community Center.” Gear up for the summer with a trip to the Community Center indoor pool. Daily admission rates apply.

## May 2

- (11:00 a.m. – 3:00 p.m.) “**Earth Day Celebration.**” Maine Park, 2701 W. Sibley St. Activities, recycled crafts, eco-friendly vendors, music, Scales and Tales Animal Show, and more!
- (11:00 a.m. – 3:00 p.m.) “Pedals for the Parks Bike and Trike Exchange” at Maine Park, 2701 W. Sibley St., Park Ridge. Donate your old bike or pick up a new-to-you one! For more information, visit [PRFriendsoftheParks.org](http://PRFriendsoftheParks.org).

## Looking Ahead

The Park Ridge Farmers Market, 15 Prairie Ave. (between Main & Garden) begins Memorial Day Weekend and runs through October, 7:00 a.m. – 1:00 p.m., rain or shine.