

# Calendar of Events



Here's where to find us  
this month!

We hope you'll join us!



**WEDNESDAY, FEBRUARY 5 | 11 A.M. - 12:30 P.M.**

*IL Extention - Create Better Health*

*Chestnut Family Health Center | [702 W Chestnut St, Bloomington.](#)*

This FREE class will help you create healthy and affordable meals by using the food you have on hand. During the class, you will sample a recipe you help to prepare and will also get tips to help you add more physical activity to your life. [Register here!](#)



**THURSDAY, FEBRUARY 6 | 9 A.M. - 1 P.M.**

*Chestnut Family Health Center Mobile Health Unit*

*Abundant Life Church | [108 E Washington St, Bloomington](#)*

Primary care services for babies, children, and adults. For more information, call Sean, Community Health Worker 309.434.8608. Supported by a John M. Scott Health Care Grant.



**THURSDAY, FEBRUARY 6 | 4 - 5:30 P.M.**

*IL Extension Creaciones*

*Chestnut Family Health Center | [702 W Chestnut St, Bloomington](#)*

Esta clase GRATUITA le ayudará a crear comidas saludables y asequibles mediante el uso de los alimentos que tiene a la mano. Durante la clase, probarás una receta que ayudarás a preparar y recibirás consejos para agregar más actividad física a tu vida. [¡Regístrate aquí!](#)



**TUESDAY, FEBRUARY 18 | 9 A.M. - 1 P.M.**

*Chestnut Family Health Center Mobile Health Unit*

*The Junction | [301 E Oakland Ave., Bloomington](#)*

Primary care services for babies, children, and adults. For more information, call Sean, Community Health Worker 309.434.8608. Supported by a John M. Scott Health Care Grant.



**WEDNESDAY, FEBRUARY 19 | 11 A.M. - 12:30 P.M.**

*IL Extention - Create Better Health*

*Chestnut Family Health Center | [702 W Chestnut St, Bloomington.](#)*

This FREE class will help you create healthy and affordable meals by using the food you have on hand. During the class, you will sample a recipe you help to prepare and will also get tips to help you add more physical activity to your life. [Register here!](#)

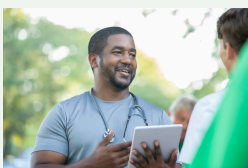


**MONDAY, FEBRUARY 24 | 12 - 2 P.M.**

*Diabetes Unwrapped | [Desenvolviendo la Diabetes](#)*

*Chestnut Family Health Center | [702 W Chestnut St, Bloomington.](#)*

Unwrap the truths about diabetes and learn how to manage it in the first of this FREE three-part series. [Register here!](#) | [Desenvuelva la verdad sobre la diabetes y aprenda a cómo manejarla en esta serie GRATUITA de tres cursos. ¡Regístrate aquí!](#)



**SATURDAY, MARCH 1 | 9 A.M. - 12 P.M.**

*Elevate Your Wellness Expo*

*[1400 Primm Rd, Lincoln](#)*

This free Wellness Expo will give you the opportunity to meet with a variety of wellness and healthcare professionals. You will also be able to participate in demonstrations to better your overall health.