For Immediate Release
December 2, 2014

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EverThrive Illinois Hosts Health and Wellness Day in Englewood
Mind, Body, Soul Celebration Open to Chicago Community

CHICAGO – Join EverThrive Illinois in celebrating the importance of health and wellness this holiday season. The December 6 event will take place at the Salvation Army in Chicago’s Englewood neighborhood and is open to all community members. Women and families are especially encouraged to participate.

The *Mind, Body, Soul* celebration will include free or low-cost flu shots provided by Walgreens, yoga demonstrations, fitness classes, and a number of health speakers and resources. EverThrive IL is pleased to welcome Ms. Donielle Muse, a survivor of cervical cancer, who will be speaking about her experiences and important prevention measures. EverThrive IL will also be doing a cooking demonstration through their Cooking Matters™ program which equips families with the skills, knowledge, and confidence, to make healthy and affordable meals. Healthy recipes and recommendations for eating healthy on a budget will be available.

Learn more about EverThrive Illinois at [www.ilmaternal.org](http://www.ilmaternal.org) and share the *Mind, Body, Soul* celebration flyer with your communities.

**What:** EverThrive Illinois’ *Mind, Body, Soul* Health and Wellness Event

**Who:** EverThrive Illinois and partners including, Metropolitan Breast Cancer Task Force, Chicago Department of Public Health Office of Preparedness, Beloved Community Family Wellness Center, New Birth Block Club, Greater Chicago Food Depository, Walgreens, Bright Pink, and local community members

**When:** Saturday, December 6, 11am-2pm

**Where:** Salvation Army, 845 W. 69th Street, Chicago, IL 60621

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*EverThrive Illinois works to improve the health of women, children, and families over the lifespan through community engagement, partnerships, policy analysis, education, and advocacy.*