



Stay Connected With Our Hub Of Resources At Our Centers!

At the Blue Door Neighborhood CenterSM we can help connect you with free resources like resume and interview workshops, addressing food insecurity and more.

Farmers Market- In-person

While supplies last

May 8, 12 p.m. – 2 p.m. – Pullman

May 9, 12 p.m. – 2 p.m. – Morgan Park

Gilda's Club Chicago: Thankful Thursday - in-person

May 9, 11 a.m. - 12 p.m. - Morgan Park

Buying a Car with Fifth Third Bank - virtual & in-person May 16, 3 p.m. – 3:30 p.m. – Pullman & Morgan Park

BDNC Job Club: Resume Development - in-person and virtual

May 23, 10 a.m. – 11 a.m. – Pullman & Morgan Park

**Morgan Park: 11840 S. Marshfield Ave.
Pullman: 756 E. 111th St., Ste 102 & 103**

For more information scan QR code



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Mental health is as important as physical health

Reduce the stigma and take charge of your health.

Mental Health 101 – virtual & in-person

May 7, 11 a.m. - 12:30 p.m. at Morgan Park

Participants will learn basic information about mental health conditions.

Mental Health First Aid – in-person

May 18, 9 a.m. –5 p.m. at Morgan Park

Participants will learn to identify, understand and respond to signs of mental health conditions. The training provides the skills needed to support someone who is experiencing a mental health crisis.

Mental Health and Cancer – virtual & in-person

May 30, 3 p.m. – 4 p.m. at Pullman

Join us as we discuss the effect of cancer on mental health.

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Classes To Improve Your Health At Our Pullman and Morgan Park Centers!

Join our learning opportunities to manage your health conditions. Check out some of the classes that we have this month.

Courage to Quit: Smoking Cessation®- virtual & in-person at Pullman & Morgan Park
May 3, 10:45 a.m - 11:30 a.m.

Diabetes Education Empowerment Program, DEE, Informational- in-person and virtual
May 14, 11 a.m. - 11:30 a.m. at Pullman and Morgan Park

Breathe Well, Live Well- virtual at Pullman & Morgan Park
May 29, 5 p.m. - 6 p.m.

All classes qualify for the Get Rewarded Program.

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Move With Us

Get your heart pumping with one of our in-person or virtual low-impact fitness classes.

Dance Fitness

- **Virtual Zumba®** - Thursdays, 6 p.m. - 7 p.m. at Morgan Park
- **Line Dance** - first and third Wednesdays, 2 p.m. - 3 p.m. at Pullman
- **Zumba® for Seniors** - Wednesdays, 1 p.m. - 1:30 p.m. at Morgan Park
- **Line Dance** - Friday, May 10, 3:30 p.m. - 4:30 p.m. at Morgan Park
- **Virtual Cardio Hip Hop** - Saturdays, 10 a.m. - 11 a.m. at Pullman

Other Low-impact Fitness Classes

- **Senior Fitness** - Mondays and Thursdays, 1:15 p.m. - 2:15 p.m. at Pullman
- **Virtual Mindful Stretching** - Wednesdays, 6 p.m. - 7 p.m. at Morgan Park

Monday - Friday: 9 a.m. - 5 p.m.
Saturday - 10 a.m. - 2 p.m. virtual programming



Mark your calendars!

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Prioritize Your Health

May is Women's Health Month, Mental Health Awareness Month and Stroke Awareness Month. Prioritize your wellness at our Blue Door Neighborhood Center.

Teacher Appreciation Day- in-person

May 4, 11 a.m. - 2 p.m. at Morgan Park - must present valid school/district ID

Mother's Day Brunch - in-person

May 10, 12 p.m. - 2 p.m. at Pullman

National Women's Check-Up Day - virtual & in-person

May 13, 11:30 a.m. - 12:15 p.m. at Pullman and Morgan Park

Lunch and Learn: Asthma and Allergy - virtual and in-person

May 21, 12 p.m. - 1:30 p.m. at Pullman and Morgan Park

Clinical to Community Chat: Stroke Prevention 101- virtual & in-person

May 23, 11 a.m. - 12:30 p.m. at Pullman and Morgan Park

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