



Get Rewarded!

Take three of our condition management or health education classes a month to receive a gift card. One gift card a month per participant. See the Pullman and Morgan Park calendars for more classes marketed by an asterisk*. Annual restrictions may apply.

Health Matters: Life's Essential 8 - in-person and virtual
November 4, 1 p.m. - 1:30 p.m. at Morgan Park

The Great American Smoke Out - in-person and virtual
November 21, 11 a.m. - 11:30 a.m. at Pullman

Virtual Health Matters: 10 Facts About Diabetes - virtual
November 25, 5 p.m. - 5:30 p.m. at Morgan Park

Tips to Improve Cholesterol - in-person and virtual
November 26, 11 a.m. - 11:30 a.m. at Pullman

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

For more information scan QR code



872-760-8090 | BlueDoorCenterIL.com



November: Fall Into Wellness!

Diabetes is a chronic disease that affects how your body turns food into energy. Join us to learn how you can manage your condition and make healthy lifestyle changes.

Foodish -
in-person at Morgan Park
November 11, 5:30 p.m. - 7:30 p.m.

Lunch and Learn: Sleep Like a Baby -
in-person and virtual at Morgan Park and Pullman
November 12, 12 p.m. - 1:30 p.m.

Lunch and Learn: Diabetes and Nutrition -
in-person and virtual at Pullman
November 14, 11:30 a.m. - 12:30 p.m.

Lunch and Learn: Diabetes Awareness -
in-person and virtual at Morgan Park
November 18, 11 a.m. - 12 p.m.

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

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BlueCross BlueShield
of Illinois

Blue Door
Neighborhood CenterSM

Friendsgiving

November is Diabetes Awareness Month. Learn from health care specialists as we raise awareness through education, support and resources. Join us for food tastings, produce and a turkey distribution. While supplies last.

November 16, 2024
11 a.m. – 2 p.m.

Morgan Park
11840 S Marshfield Ave.
Chicago, IL 60643



For more information on our programming scan the QR code

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