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NEWS

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Park District and Parkways Foundation Launch New Wellness Center

The Chicago Park District and its nonprofit partner, Parkways Foundation, received \$100,000 from Blue Cross and Blue Shield of Illinois to launch the new Blue Cross and Blue Shield of Illinois Wellness Program and Youth Center at Palmer Park, 201 E. 111th St. The wellness program at Palmer Park is one of four supported by a grant of \$400,000 from Blue Cross and Blue Shield of Illinois. The wellness centers housed at Chicago Park District field houses combat obesity through offering youth and family fitness classes. Additionally, programs focus on increasing physical activity for all ages; encouraging stress-free living; teaching good nutrition through healthy eating, cooking, and gardening; and promoting an overall healthy lifestyle. The youth center at Palmer Park will feature interactive gaming, such as Dance Dance Revolution, game bikes, and inflatable fitness gyms.

