

Your Health and Wellness Leads to A Happier You

Health and Wellness Resources
In and Near La Grange IL



BUILDING THE
HEALTHIEST REGION IN THE COUNTRY

TOGETHER

COMMUNITY GRANTMAKING | REGIONAL CHANGEMAKING

Visit our website for access to community health resources, including our behavioral health resource guide, suicide prevention PSA, and Regional Health and Human Services Agenda for the Western Suburbs.



630.654.4729 | cmfdn.org



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355 N. LaGrange Road | La Grange Park, Illinois| 708-588-6305

www.Active-Souls.com



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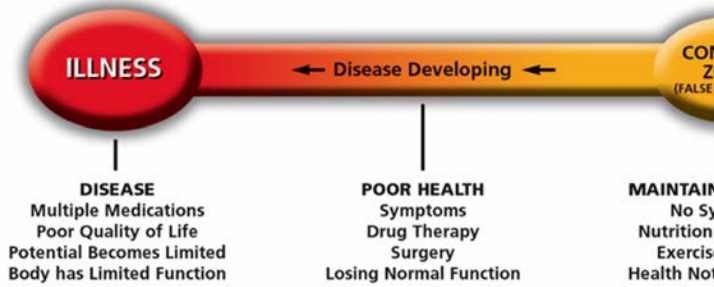
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WELLNESS SPECTRUM

source: wellnology.com



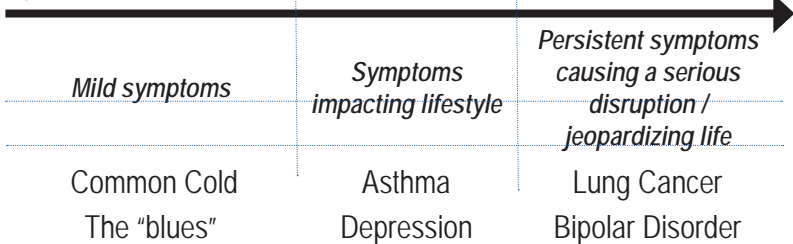
MENTAL: Your Mental Health and Wellness

Sponsored by: Pillars

Mental illness is a condition that affects a person's thinking, feeling, or mood. Like a physical condition, its causes can be rooted in biology and genetics or may be impacted by your environment or experiences.

Today 1 in 4 American adults is living with a diagnosable mental illness.

The Mental Health Spectrum is much like the Physical Health Spectrum:



Mental illness is treatable.

If your symptoms are impacting your lifestyle (excessive worry, prolonged sadness, suicidal thoughts, substance abuse, etc.), reach out for help. Pillars is available 24 hours a day at 708.745.5277.



VOCATIONAL: 5 Ways to Improve Staff Engagement and Morale

Sponsored by: BrightStar Care® of Chicago and La Grange

1. Recognize employees' birthdays- we all like to be remembered.
2. Create organizational core values that reflect the long-term goals of the organization, yet are easy to understand/embrace.
3. Live your core values everywhere, so everyone believes it's your culture.
4. Work with your team to establish fun, safe and immediate goals that result in a celebration.
5. Schedule team activities to re-energize employees. These should include both professional and volunteer projects.



EDUCATIONAL: 5 Ways to Enhance your Educational / Intellectual Aptitude

Sponsored by: Plymouth Place

1. Learn a new language (take classes or rent a DVD from the library).
2. Attend a lecture on an interesting topic (often free at local college, library, even Plymouth Place!).
3. Exercise! Try counting rotations backwards by certain denominations: Ex: 96, 89, 82,75, etc.
4. Do research on a trip you'd love to take.
5. Take classes on something you've always wished to learn more about (music, birds, art, finances, etc.).



ENVIRONMENTAL: 5 Steps to Make Your Home or Office More Environmentally Friendly

Sponsored by: (r)evolution architecture

1. Easy wins: use LED light bulbs; engage in yearlong recycling programs; and purchase products made from recycled materials.
2. Optimize daylighting and advanced indoor lighting design to minimize energy use and improve mood and productivity.
3. Consider adding solar panels and green roofs to reduce air conditioning and heating costs, expand your roof life, manage stormwater, beautify blank space into garden space, reduce carbon monoxide, and remove nitrogen pollution from rain.
4. Explore the feasibility of using rain gardens and bioswales to improve stormwater management, as well as the use of permeable pavement to allow water to flow through and into the ground below.
5. Consider using recycled materials in the interior and exterior renovation / addition or new construction of your home or office.



PHYSICAL: Top 5 Reasons Why Women Need to Strength Train

Sponsored by: Get in Shape for Women

1. Regular physical activity can improve your mood and the way you feel about yourself.
2. Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging.
3. Physical activity helps to reduce body fat by building or preserving muscle mass and improving the body's ability to use calories. When physical activity is combined with proper nutrition, it can help control weight and prevent obesity, a major risk factor for many diseases.
4. By reducing body fat, physical activity can help to prevent and control type 2 diabetes.
5. Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle and capacity, lowering your blood pressure, raising your HDL levels (good cholesterol), lowering LDL levels (bad cholesterol), and improving blood flow.

There is help.
There is hope.

Are you or someone you love over the age of 18 and experiencing an increase in mental health symptoms?



Visit The Living Room, a proven alternative to the hospital emergency room for adults 18 and over. Guests are screened by masters-level clinicians and can meet with trained recovery support specialists to discuss concerns, identify recovery support obstacles and develop wellness plans.

All services are provided free of charge and do not require insurance.



The Living Room & Community Wellness Center

4731 Willow Springs Road
La Grange IL, 60525
708.582.6434
thelivingroomilg.org

Open 365 days/year | 2:00pm to 10:00pm





SPIRITUAL: How to Incorporate Spirituality into Your Daily Life

Sponsored by: Active Souls

- Stay Positive and Laugh Often – When you laugh you secrete a chemical that automatically boosts your mood and improves your physical health. And laughter is contagious. When you laugh, people around you will generally feel better and soon everyone will be happier and more spiritually connected.
- Keep a Gratitude Journal – studies have found that keeping a daily gratitude journal leads to an increased sense of well-being, better sleep, willingness to accept change, and helps lower symptoms of physical pain. Everyday when you wake up, write down 3 things for which you are grateful.
- Unplug and slow down – Life gets hectic. Take some time each day to slow down, enjoy a sunrise or sunset, and listen to your breath. Plan daily breaks and schedule longer vacations to recharge.
- Spend time with Nature – The secrets of Life are embedded in nature and if you want to increase your spiritual awareness, study nature and learn how to live in harmony with it. As your connection to nature strengthens, your spiritual awareness will also increase.



SOCIAL / EMOTIONAL: 5 Ways to Improve your Social and Emotional Intelligence

Sponsored by: La Grange Public Library



1. Attend a library program and connect with others as well as learn about the community.
2. Educate yourself about your health through print and digital resources at the library to develop a healthy lifestyle and improve your social/emotional intelligence.
3. Cultivate self-awareness, inform yourself about your emotions, and overcome obstacles in life by using library resources.
4. Understand more about different places and cultures to become a global citizen and get involved in the community.
5. Receive hands-on learning on crafting, computer software, and electronic books. Get practical information to improve the quality of your life including: health, business, child care, job hunting, etc.



FINANCIAL: 5 Tips on How to Prepare for College / Retirement

Sponsored by: Horizon Wealth Management











1. Pay Yourself First (general rule is to save at LEAST 10% of your monthly income).
2. Create and monitor a sound, personalized roadmap roadmap (without a detailed plan, the crossroads of College and Retirement savings could be a scary one).
3. Understand the financial aid process and how to qualify for more (what mistakes to avoid and how to calculate your EFC).
4. Save for the future while paying close attention to taxes and expenses (these are the two biggest headwinds your savings plan will face).
5. Work with a professional (In this day and age with all of the noise surrounding wealth management, let an experienced advisor guide you).

Health and Wellness Benefits...

- **children are in school more days** and are better able to learn. Regular **physical activity supports better learning**. Student fitness levels have been correlated with **academic achievement**, including improved math, reading and writing scores.
- **adults are more productive** and at work more days. Preventing disease increases productivity and **minimizes negative impacts** of asthma, high blood pressure, smoking and obesity.
- **seniors keep their independence**. Support for older adults who choose to remain in their homes and communities and **retain their independence** ("aging in place") helps promote and maintain **positive mental and emotional health**.

source: [cdc.gov/Features/PreventionStrategy](https://www.cdc.gov/Features/PreventionStrategy)

Local Health and Wellness Resources:

<p>(r)evolution architecture Gioia Giannotti P 708.582.6080 82 S. La Grange Road Suite 206 La Grange, IL 60525 gioia@ r-evolutionarchitecture.com r-evolutionarchitecture.com</p>	<p>Our full service architectural and interior design practice looks forward to working with you. We aspire to provoke thought, emotion, excitement or introspection through our work which spans 20+ years of additions, renovations, and new construction across commercial; residential; institutional (civic/municipal; healthcare; wellness; fitness; cultural) and higher education.</p>	 
<p>Active Souls Sally Head P 708.588.6305 355 N. La Grange Road La Grange Park, IL 60526 sally@active-souls.com active-souls.com</p>	<p>We will guide you to the best fitness results you've ever had. Whether you're an absolute beginner or an athlete, we can help you transform your body and mind in a fun, challenging and supportive environment.</p>	 
<p>AMITA Health Adventist Medical Center La Grange P 708.245.9000 5101 S Willow Springs Road La Grange, IL 60525</p>	<p>Since its opening in 1955, AMITA Health Adventist Medical Center La Grange has maintained a high level of medical excellence in the community. The 205-bed facility provides outpatient and inpatient primary care, trauma care and wellness services to residents of Chicago's western suburbs.</p>	 
<p>Anderson's Bookshop Sandra Law Anderson's Bookshop 26 S. La Grange Road La Grange, IL Sandra@ andersonsbookshop.com Andersonsbookshop.com</p>	<p>An independent, locally owned bookstore within the Chicago Suburbs for over 50 years. Reading is such an integral part of growing as a child and an adult and Anderson's takes great pride in being able to provide that for our communities. We also take satisfaction in cultivating readers as it is a known source to benefit the health and wellness of people.</p>	 
<p>Aneta Trusner, Certified Integrative Nutrition Health Coach P 773.914.1026 aneta@anetatrusner.com anetatrusner.com</p>	<p>Empowers, educates and provides accountability to individuals who are ready to take care of their own health by incorporating a healthy lifestyle, listening to their own body and taking necessary actions. Gut - Brain - Mood connections. Food as medicine.</p>	 

Local Health and Wellness Resources - Continued:

Bob Briskey Photography

La Grange, IL 60525
P 708.829.4490
briskeyphotography.com

Known for producing the best quality images. We specialize in child and family portraiture. Weddings. Interior and exterior architecture.



BrightStar Care® of Chicago/La Grange

Linda Kunicki, CMP
P 708.551.2500
106 W. Calendar Court
Suite 163
La Grange, IL 60525
linda.kunicki@brightstarcare.com
brightstarcare.com/lagrange

Our home care agency provides quality home care, caregivers, and medical **staffing solutions to families and businesses** in the Cook County area. We offer compassionate care, peace of mind and exceptional service — any time, any place.



Community Memorial Foundation

P 630.654.4729
cmfdn.org

A private foundation dedicated to measurably improving the health of those who live and work in the western suburbs of Chicago.



Community Nurse Health Center

P 708.352.0081
23 Calendar Ave.
LaGrange, IL 60525
communitynurse.org

Provides medical, dental, and behavioral healthcare for individuals and families. Our focus is on providing access to these critical services to area residents **experiencing financial, linguistic, and cultural barriers.**



Get In Shape for Women

Maureen Nosek
P 708.469.7395
79 S La Grange Road
La Grange, IL 60525
getinshapeforwomen.com

Empowers women through body transformation! Our program combines a **scientifically proven combination of Weight Training, Cardio, Nutrition and Accountability** in a small group personal training setting.



Horizon Wealth Management

Ryan Williamson
P 708.352.4300
22 Calendar Court
Second Floor
LaGrange, IL 60525
horizonwealth.biz

Wealth management is about more sense than dollars. My job is to bridge the gap **between your financial goals and the emotions surrounding them** to provide you with the appropriate roadmap to achieve them.



Local Health and Wellness Resources - Continued:

La Grange Public Library
Tana Petrov, Reference and
Programming Librarian
P 708.352.0576
10 W Cossitt Avenue
La Grange, IL 60525
lagrangelibrary.org

Learn. Explore. Connect.
The La Grange Public Library provides community members the inspiration and the means to learn, explore, and connect throughout their lives. We provide access to information and knowledge on health and wellness through books, programs, and resources in order to enrich lives and build the community.



Parent Community Network
Jeanne Widing
jwiding@lths.net
parentcommunitynetwork.com

A nonprofit 501c3 volunteer group offering programs such as Parent University and other networking events that bring people together. PCN seeks to strengthen the environment for our kids by creating opportunities for adults to learn so that our kids can grow up healthy, well adjusted, and violence and substance free.



Pillars
Access and Referral Team
P 708.745.5277
pillarscommunity.org

Pillars is a mental health and social service agency located in Chicago's western and southwestern suburbs. We aspire to build healthier communities by making connections and changing lives.



Plymouth Place
P 708.588.6400
315 N La Grange Road
La Grange Park, IL 60526
plymouthplace.org

We offer a full continuum of retirement living and care options for Chicago-area seniors, including spacious independent living apartments, licensed assisted living, memory loss care, short-term senior care and rehabilitation, and long-term skilled nursing.



Right Fit of La Grange
Jackie Errico
P 708.582.6445
1045 S. LaGrange Rd.
LaGrange, IL 60525
jackie@right-fit.com
lagrange.right-fit.com

An all-inclusive training facility. The only fitness company that offers small groups trained by highly experienced fitness specialists...where each person gets both the individual attention needed and the encouragement of the group. At our LaGrange location we specialize in adult group training and sports performance training for athletes.



Additional Local Health and Wellness Resources

Business Name	Website	Phone #
Absolution CrossFit	absolutioncrossfit.com	630-441-8301
Advanced Headache & NeuroCare Clinic	advancedheadache.com	630-408-6992
AdvoCare Independent Distributor	advocare.com	708-878-3371
Aging Care Connections	agingcareconnections.org	708-354-1323
AIRROSTI Rehab Centers	airrosti.com	708-625-1005
Ashland Health & Pharmacy	ashlandhealthrx.com	708-482-4000
Battistoni & Beam	awesomebraces.com	708-352-4500
BIRTHFIT	birthfit.com	312-255-8810
Blue Feather Books & Botanicals	bluefeatherforyou.com	708-352-8481
Bronke Wind, Carolyn, DDS	drbronke.com	708-354-1335
Chicago Health Medical Group	chicagohealthmedicalgroup.com	708-783-6383
Chiro One / Medulla LLC	medullallc.com	630-320-6410
Costco Wholesale	costco.com	708-853-1034
The Daily Method	thedailymethod.com	708-482-1055
The Dental Loft	thedentalloft.com	708-482-0702
Family Vision Care	familyvisioncarelagrange.com	708-354-0500
Flying High Gymnastics	flyinghighgym.com	708-352-3099
Frerk Insurance Services	frerkinsurance.com	630-674-8645
Gemini Gymnastics Academy / Stardust Yoga Studio	geminigymnastics.com	708-352-2977
Greater La Grange YMCA	ymcachicago.org/greaterlagrange	708.352.7600
The Hit locker	thehitlocker.com	708-469-7262
The Leader Shop	theleadershop.org	708-579-5898

Additional Local Health and Wellness Resources - Continued:

Business Name	Website	Phone #
MacNeal Hospital Immediate Care	macneal.com	773-564-6677
Maragos, James M., DDS	maragosdentistry.com	708-352-7358
Massage Envy	massageenvy.com	708-354-3689
Mathnasium of La Grange	mathnasium.com/lagrange	708-582-6593
Meadowbrook Manor	meadowbrookmanor.com	708-354-4660
NAMI Metro Suburban	namimetsub.org	708-582-6434
Olivaceto	olivaceto.com	630.788.9871
Orange Theory	orangetheoryfitness.com	630-247-697
Park District of La Grange	pdlg.org	708-352-1762
Primal Oceans Salt Cave	primaloceanssaltcave.com	708-482-2525
Red Aspen Accupuncture	redaspenaccupuncture.com	708-469-7592
Red Mango	redmango.com	773-490-7152
Rupsis Soccer Academy and Celtics Soccer Club	theceltics.org	630-862-4816
Sport Clips	sportclips.com/IL	708-354-0366
Stardust Yoga Studio	geminigymnasticsacademy.com	708-310-0424
Waddell & Reed	rick.snyder57@gmail.com	630-954-4611
Walgreens	walgreens.com	708-352-3116
Wallace, Stephen, DDS	stephenwallacedds.com	708-352-2223
The Wellness Path	visitthewellnesspath.com	708-497-2441
Within Reach Natural Healing / Dr. Devon Acou	drdevonacou.com	734-578-6495
The Wellness Path	visitthewellnesspath.com	708-497-2441
Yuva Beauty	yuvabeautysalon.com	708-582-6997



Signature Events and Community Fun Runs/Walks:

- Jan and Mar - Open
- Feb 15 - 28 La Grange Gives
- April 1 Nazareth Academy Road Runner Dash
- 8 D106 Highlands School, Spring Training 5k / 9k
- 30 Run for D102 Race to Finish 5K & 1 Mile Fun Run
- May 4 La Grange Farmers' Market (Thursdays 9AM – 1PM thru Oct)
- 5 La Grange Girlfriend Getaway (tentative)
- 21 D105 DASH
- June 2 - 4 La Grange Carnival
- Jul 15 - 16 La Grange Craft Fair
- Aug 4 - 6 La Grange Endless SummerFest
- Sep 9 - 10 La Grange West End Arts Festival
- Oct 28 La Grange Halloween Walk
- Nov 4 St. Francis Falcon 5K Run/Walk & Kids' Fun Run
- 23 Rotary Run 3.14 Pie
- 25 Unwrap La Grange thru Dec 31
- Dec 2 La Grange Hometown Holiday
- 2 Greater LaGrange YMCA Reindeer Run 5K
- 9 La Grange Santa Stroll

*3rd Wednesday of every month:
 La Grange Aging Well Walk for Health (FREE program for older adults)
 10:30 AM start at La Grange Recreation Center.



Where friendly Residents wave to each other.
They also shake, sit and roll over.

Our award-winning Life Enrichment Program makes retirement feel like a walk in the park.

Learn more at PlymouthPlace.org or give us a call at 708-482-6511.



315 N. La Grange Road
 La Grange Park, IL 60526



Fun Facts...

La Grange Makes CHICAGO Magazine's 'Best Places To Live' List 2009 & 2014

La Grange is voted as one of the 50 Safest Cities in Illinois, and among the top 10 suburbs of Chicago in 2015.

Did You Know?

- 1 in 4 Americans has a diagnosable mental illness.¹
- Heart Disease is the #1 killer of U.S. women... killing 1 in 3 women each year.²
- Type II Diabetes has risen nearly 7% since 2009's Community Health Needs Assessment.²
- Obesity rates have increased by 6% from 2012 to 2015.²

Sources: ¹Pillars; ²2015 PRC CHNA Report

THANK YOU!

The LGBA Health and Wellness Committee offers our heartfelt thanks to our advertisers, in-kind donors, and especially to the Community Memorial Foundation for their support and generous funding.



(r)evolution architecture

