

OCTOBER 2023 - JUNE 2024

FAMILY Wellness Night



Once a Month on Thursday
6:00 p.m. - 7:00 p.m.

FREE

OCTOBER 26, 2023

PIONEER ELEMENTARY

Physical Activity: Zumba

Recipe: Banana Split Pudding Cups

FEBRUARY 15, 2024

INDIAN KNOLL ELEMENTARY

Physical Activity: Zumba

Recipe: Pizza Night

APRIL 18, 2024

WEGNER ELEMENTARY

Physical Activity: Zumba

Recipe: Fun with Veggies

JUNE 6, 2024

LEMAN MIDDLE SCHOOL

Physical Activity: Zumba

Recipe: Fruit salsa

JANUARY 18, 2024

CURRIER Elementary

Physical Activity: Zumba

Recipe: Zucchini noodles and marinara

MARCH 14, 2024

TURNER ELEMENTARY

Physical Activity: Zumba

Recipe: Fruit pancakes

MAY 16, 2024

GARY ELEMENTARY

Physical Activity: Zumba

Recipe: Cheese and veggie kabobs

More Information
scan with phone



Equipment Provided
No Registration Needed

Please contact info@healthywestchicago.info
for information on free transportation and childcare

Healthy
West Chicago

