COOK COUNTY BENEFITS CONNECT

TAKE UP THE CHALLENGE:

Eat & Live Healthy for the Holidays

SIMPLE, EASY ACTIVITIES THAT CREATE HEALTHIER EATING HABITS!

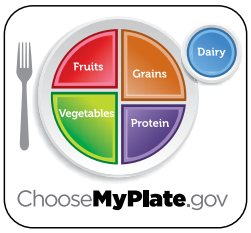
Starting **December 5th**, you'll be presented with five challenges over two weeks, each based on one small strategy to keep holiday pounds away and build new habits for a lifetime.

THE CHALLENGES:

Eat Four or More Fruits and Veggies

Measure Everything

Eat the Right Mix



Get Moving

Stay on Track

ATTEND A "HEALTHY EATING FOR THE HOLIDAYS" CLASS

This engaging class is the best way to rise to the challenge.

- Expand your understanding of healthy eating strategies
- Interact with colleagues to share ideas, issues and solutions
- Get answers to your specific questions about staying fit during the holidays and all year long

CLASSES WILL BE HELD DECEMBER 6TH THROUGH 14TH AT FIVE LOCATIONS

Juvenile Temporary Detention Center
1100 S. Hamilton Avenue
December 6, 2016
11:30 a.m. - 12:30 p.m.
Location: Auditorium

County Building
118 N. Clark Street
December 8, 2016
12:00 p.m. - 1:00 p.m.
Location: Room 885

Oak Forest Campus
15900 S. Cicero Avenue
December 12, 2016
12:00 p.m. - 1:00 p.m.
Location: 1st Floor Café Annex

Criminal Courts Building
2650 S. California Avenue
December 13, 2016
12:00 p.m. - 1:00 p.m.
Location: CCAB Mezzanine Level

Stroger Hospital
1969 W. Ogden Avenue
December 14, 2016
11:00 a.m. - 12:00 p.m.
Location: Lower Level Cafeteria, Meeting Room 2

To sign up for classes go to **https://healthyeatingfortheholidays.eventbrite.com.**
Or you can register by calling **312-603-8493**.

Be sure to join Cook County's "Eat & Live Healthy for the Holidays" private Facebook page and share experiences with your fellow employees!

Visit **https://www.facebook.com/groups/Myhealthconnections/** to join.

myHealth CONNECTIONS
PROMOTING HEALTH AND WELL-BEING