

2026 VIRTUAL HEALTH FAIRS

Health Fairs 2026

REAL BENEFITS FOR REAL LIFE

You've Got Access!

Get real support for real life, right from your screen.

Join trusted partners and your Cook County community for virtual sessions focused on your money, your health, and your peace of mind.

Walk away with practical tools you can use.

Log in and take a step forward.

WEDNESDAY, JUNE 3: SCAN AND ATTEND



Get Real About Your Retirement
Nationwide Retirement Solutions
11:00-11:45 a.m.

Explore real guidance and real options to help you plan for retirement's biggest expenses. Gain personalized insights and estimates from Nationwide® so you can move forward with clarity and confidence.



Taking Control of Your Stress
Blue Cross Blue Shield of Illinois
2:00-2:45 p.m.

Stress is unavoidable, but how you manage it makes all the difference. Learn simple, effective strategies, including the 4 A's, to better cope, reduce stress, and support your overall well-being.

WEDNESDAY, JUNE 10: SCAN AND ATTEND

Blood Pressure Basics
Blue Cross Blue Shield of Illinois
9:30-10:15 a.m.



High blood pressure affects 1 in 3 adults and increases the risk of heart attack and stroke. The good news? It can be managed and even prevented. Join this session to learn key risk factors and simple, effective steps to take control of your blood pressure.

Staying Mentally Healthy with Technology
Blue Cross Blue Shield of Illinois
11:00-11:45 a.m.



Technology is part of everyday life, but how is it impacting your mental health? Explore both the positive and negative effects of digital use and learn practical tips to build a healthier, more balanced relationship with technology.

Colorectal Cancer Awareness
Blue Cross Blue Shield of Illinois
2:00-2:45 p.m.



Colorectal cancer is one of the most common cancers, but it is also highly preventable with early detection. Join this session to learn key risk factors, warning signs, screening options, and simple lifestyle changes that can help reduce your risk.



Stay connected to your myHealth Connections community through Facebook.
www.facebook.com/groups/Myhealthconnections



PLEASE NOTE: Photography, video recording, and audio recording may occur at the Cook County Health Fairs. By attending, you consent to photography, audio recording, video recording and their release.