

JUNE

4-10,
2023

COMMUNITY

HEALTH

IMPROVEMENT

WEEK

SUNDAY
6/4/23

Mindful Minute Day
Take some time to pray, meditate, and write your thoughts in a journal.

What did you do?

MONDAY
6/5/23

Organize & Clean Your Space. Make time to make your bed, clean your room, tidy your desk, or clean out a junk drawer.

What did you do?

TUESDAY
6/6/23

Together Tuesdays - Friends & Family eat together for at least 1 hour with no screen time.

Add in Family Game night for fun!
What did you do?

WEDNESDAY
6/7/23

Positive Affirmation Day!

Share a positive message or smile with a stranger or someone you know.

What did you do?

THURSDAY
6/8/23

Go outside and get 30 minutes of fresh air!

What did you do?

FRIDAY
6/9/23

READ a book today. Stop by the Streator Public Library to find a book.

What did you do?

SATURDAY
6/10/23



STREATOR
CITY PARK
9 A.M. - 12 P.M.

*IN CASE OF INCLEMENT WEATHER, WE WILL MOVE TO THE STREATOR BUSINESS INCUBATOR.

COME JOIN US IN
THE STREATOR CITY
PARK
FOR COOKING &
EXERCISE
DEMONSTRATIONS
PLUS MUCH MORE!

Bring this flyer to the Live Well Streator tent at the
Streator City Park on
Saturday, June 10th between 9 a.m. - 12 p.m.
to be entered into a drawing for prizes!

Name: _____

Phone number: _____





Community Clean Up

Let's Make Streator Even Better!

Saturday, June 3—Friday, June 9

Live Well Streator is partnering with the City of Streator & multiple other Streator-area community organizations to make Streator an even BETTER place for us all during Community Health Improvement Week. City-wide clean up will take place in our parks, trails and other public areas. Groups of all sizes, ages and skill-level who are interested in taking part in this community-wide effort to make Streator even more beautiful can sign up at the link below or contact event volunteer coordinators Jessica Pastirik & Paul Webster from Central Church of Christ at (815) 673-1581 or connect@centrallive.net.



Community Health
Improvement Week
June 4 - June 10, 2023

Check out the suggested daily activities on the back of this flyer.

Bring your completed flyer to Family Health & Fitness Day on Saturday, June 10 to be entered into a drawing for prizes!

Check out Live Well Streator on our webpage or follow us on Facebook!



**Better Choices
Healthier Lives**



FAMILY
HEALTH & FITNESS DAY

**Saturday, June 10, 2023
from 9 a.m. - 12 p.m.
Streator City Park**

Featuring onstage:

- 9:30 a.m. - Wok with Tak cooking demo
- 10 a.m. - Streator YMCA seated exercise demo
- 10:30 a.m. - Danchris Nursery Plant Maintenance Tips
- 11 a.m. - U of I Extension cooking demo
- 11:30 a.m. - Wok with Tak cooking demo

Historical walking tour of the park every half hour!

Streator Farmer's Market!

Prizes!

Visit with organizations who support a healthy Streator!

**Come
Join Us!**

*In case of inclement weather, we will move to the Streator Business Incubator.