Thank You!!

Today's Sponsors

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Together We Will

cdh CENTRAL DUPAGE HOSPITAL

DUPAGE COUNTY HEALTH DEPARTMENT
Everyone, Everywhere, Everyday

FOREST PRESERVE DISTRICT
DU PAGE COUNTY

TRUE Cuisine

WHOLE FOODS MARKET
Wheaton

DuPage Medical Group
WE CARE FOR YOU

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Initial FORWARD Vision Statement:

Children/Adolescents in DuPage County, with the support of their families, enthusiastically make dietary and physical activity choices every day that result in a healthy weight.

The Partners

Access DuPage
Benedictine University
Blue Cross Blue Shield
Breaking Free
Central DuPage Hospital
Central DuPage Physician's Group
DuPage County Health Department
DuPage Medical Group
DuPage County Regional Office of Education
Edward Hospital
Fit Kids
Healthy Schools Campaign
Heritage YMCA Group
Northern IL. Food Bank
Northwestern University
Pediatric Health Associates
Progress Athletics
United Way
University of IL. Extension
West Chicago School Dist. 33
West Chicago FQHC
Wheaton Park District

Initial FORWARD Plan:

Strategy 1: Coordinating the Message

Strategy 2: Electronic Inventory of Resources

Strategy 3/4: Tiered Options:

- ✓Physicians
- ✓Schools

Strategy 5: Identify Linkages

Initial FORWARD Plan:

Strategy 6: Filling the Gaps

Strategy 7: Coordinated Outreach Program

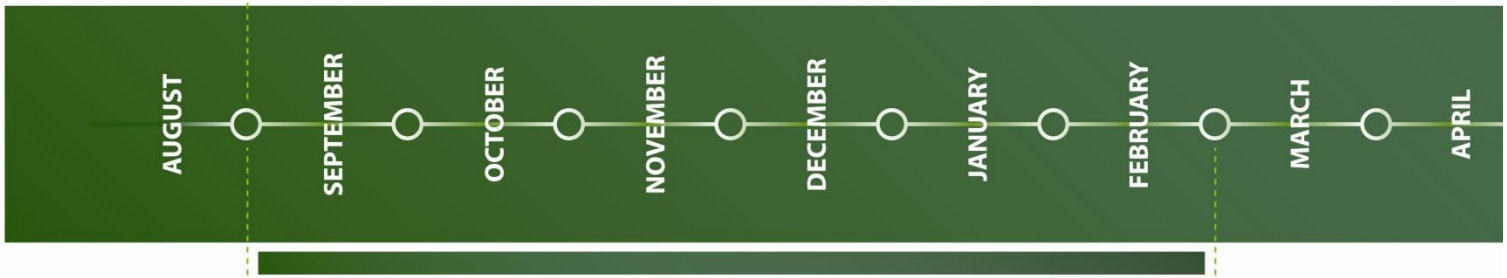
Strategy 8: Tracking Indicators

Strategy 9: Coordinate Grant Applications

Strategy 10: Research Projects

AUGUST 2008
Planning Group Assembles

A small group of agencies begin to meet and gather community-wide ideas to design the ideal plan to address the obesity epedimic in DuPage County



AUGUST 2008-
FEBRUARY 2009
A Plan is Formed

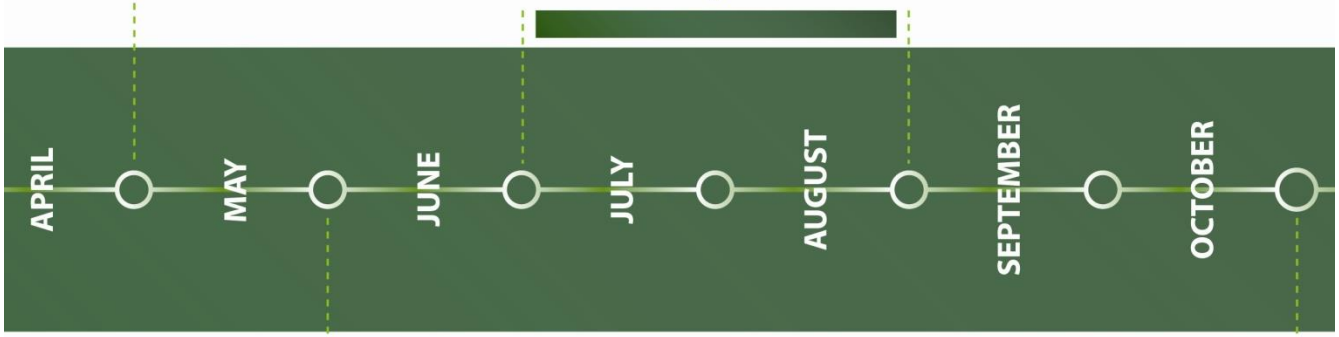
During biweekly sessions, the group of 30 individuals identifies target strategies and names the initiative FORWARD. This work provides a "master plan", which gives the framework and the principles for future action

APRIL 2009
FORWARD Begins Work

DuPage County Health Department is asked to house the FORWARD Initiative and hires staff to initiate the work plan

JUNE–AUGUST 2009
FORWARD Establishes Three Committees To Accomplish Initial Work

1. Resource and Partnership
2. Marketing and Communciations
3. Data and Research



MAY 2009
FORWARD Advisory Board is Formed

Community leaders in areas of nutrition, healthcare, education, physical activity, public health and others are engaged for direction in this effort

NOVEMBER 2009

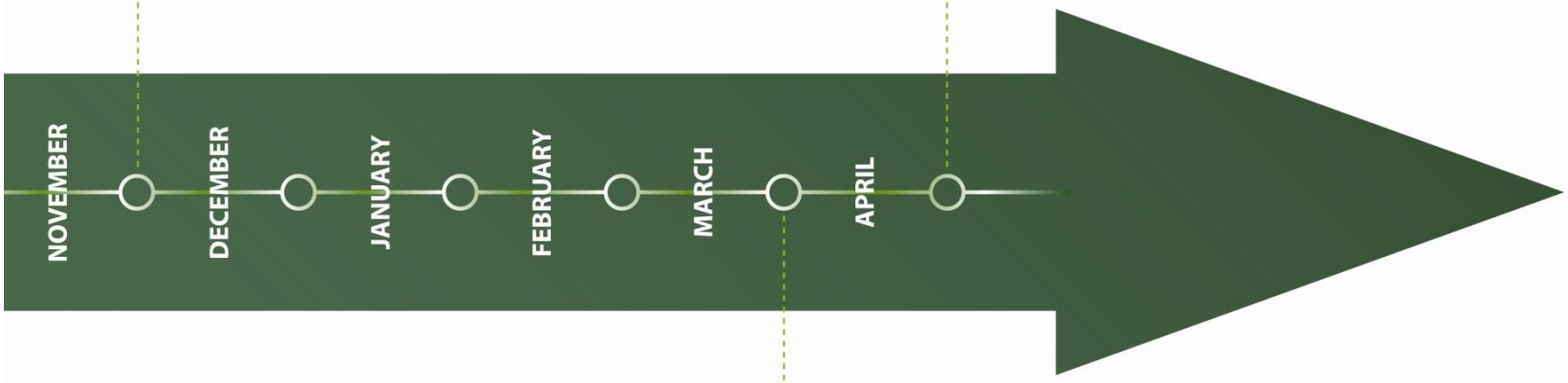
Long-term FORWARD Vision Developed With Over 20 Partner Agencies

- Central Office
- Five Regional Offices
- Three Centers for Expertise identified as key elements
- Expansion of target audience to include adults

APRIL 2010

FORWARD is one year old

FORWARD holds 2nd County-wide Coalition Meeting



OCTOBER 2009

First FORWARD Coalition Meeting

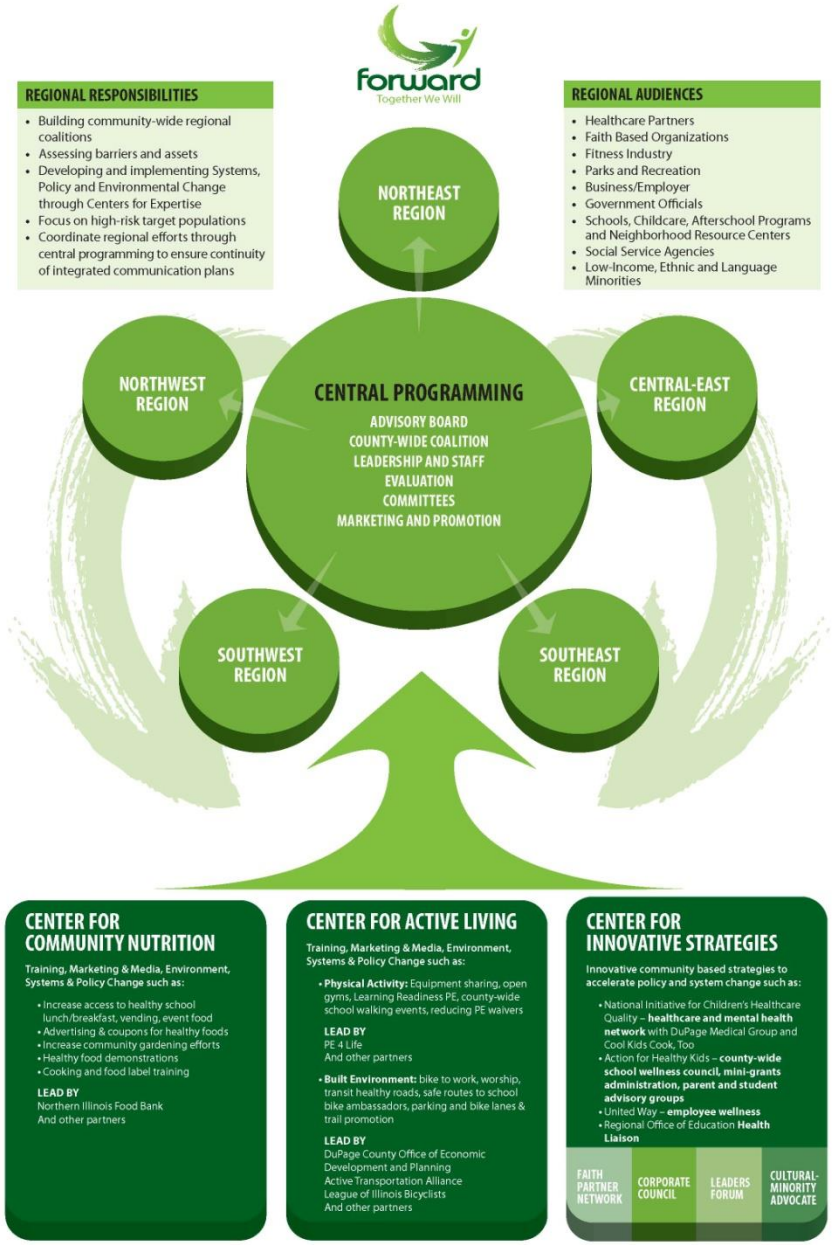
- forwarddupage.org goes live
- Online resource inventory is launched
- FORWARD Data Snapshot unveils obesity levels in DuPage which mirror the national average

MARCH 2010

FORWARD is launched to the public

- Spring FORWARD to Better Health
- NBC's Seasom 7 *Biggest Loser* couple Jerry and Estella Hayes agree to be spokespersons for FORWARD

MOVING FORWARD: COMMUNITIES COMMITTED TO CHANGE



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PAUL MICHNA/pmichna@dailyherald.com

Anxhela Meleqi of Albania does jumping jacks Saturday during a kickoff event for FORWARD, an anti-obesity initiative in DuPage County.

Coalition kicks off anti-obesity effort in DuPage

By Matt Arado
marado@dailyherald.com

An audible gasp went through the crowd when Jerry Hayes held up a now-famous pair of his old pants.

Hayes, a Wheaton resident, brought out the pants to show how much weight he's lost since appearing with his wife, Estella, on NBC's "The Biggest Loser" last year.

The pants were a size 62. Hayes now wears a size 36.

"I see these pants and I think: 'What the heck was I by a coalition of schools, governments, health care providers, social-service groups and private businesses.

Together, these groups will try to raise awareness about obesity in DuPage, promote healthy lifestyle choices and lobby for policy changes that give everyone in the county, including lower-income residents, access to nutritious food and options for physical activity.

"Our goal is to help this become the healthiest county in the nation," said Ann Mar-

start of the show.

The couple, both in their early 60s, lost a combined total of 260 pounds; Jerry won $100,000 for his weight-loss achievement.

"If we can do it, anyone can," Estella Hayes said.

In addition to the Hayeses, FORWARD is recruiting 15 to 20 young people from DuPage to spread the word about healthy living as "student health champions."

Anthony Rocco, a 17-year-old student at Wheaton North High School, is one of the first

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Happy 1st Birthday FORWARD!

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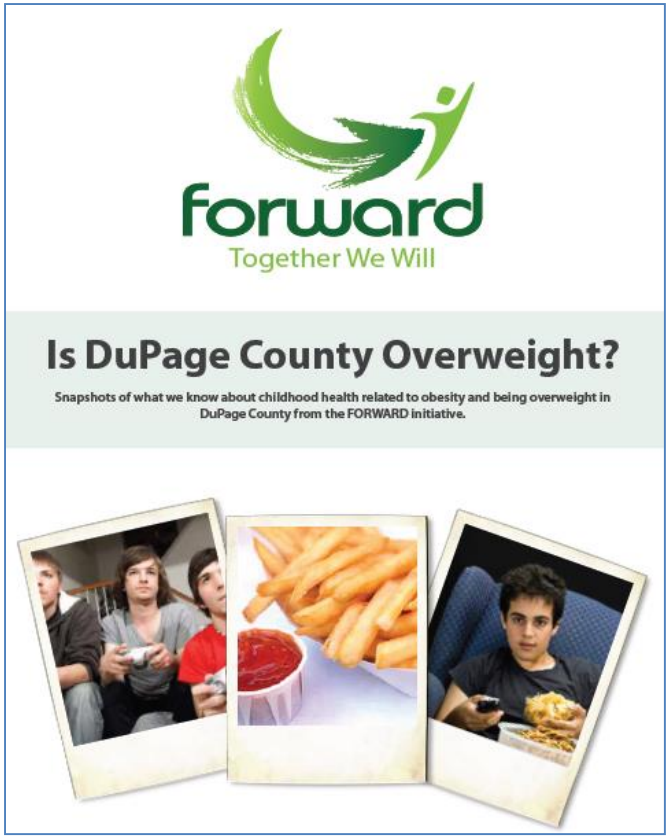
Framing The Structure



Building a Baseline

- DuPage County obesity epidemic mirrors the national rates.
- Illinois ranks as the 10th highest state for obesity rates.

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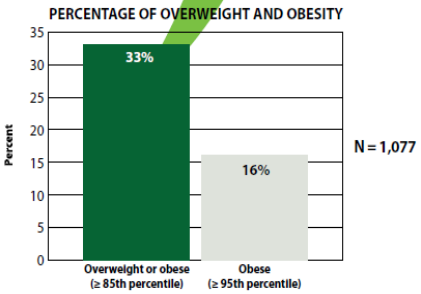
44 Schools Data Collected during Spring 2010

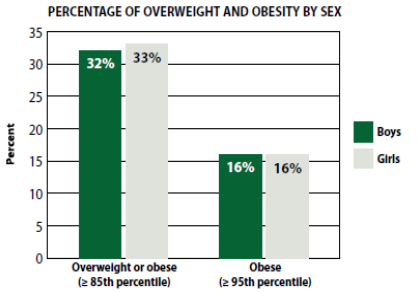
A BEGINNING BASELINE

FORWARD looks at Illinois School Physical Data from School Partners

To obtain a deeper understanding about the magnitude of obesity and overweight in DuPage County, Illinois, FORWARD partnered with the Regional Office of Education and local schools to collect data from the Illinois School Physical in order to piece together a more accurate picture of childhood overweight. Required for Kindergarten, Sixth and Ninth graders for school attendance, the school physical (Illinois Child Health Exam) is one of the best sources currently for uniform data collection at a group level for children.

During the month of March, FORWARD asked schools to input height, weight and age information from a portion of their school physicals to begin to build a baseline. FORWARD adopted a local data collection system called Fittrac which allows schools to input the data from any computer with internet access. Fittrac de-identifies the data to protect student information but allows FORWARD to analyze and report back results to the schools and then when appropriate, to the community. FORWARD's goal, by the Fall of 2010, is to obtain a representative sample for all schools in DuPage County.





PERCENTAGE OF OVERWEIGHT AND OBESITY IN GRADES K, 6TH, AND 9TH FROM SELF-SELECTED SCHOOLS IN DUPAGE COUNTY, 2009-2010

44 schools (self-selected) participated in this initial collection to give us the baseline from across DuPage County:

32 Elementary Schools, 7 Jr High/Middle Schools, 5 High Schools.

OVERALL RATES SUGGEST THAT 1 IN 3 CHILDREN ARE OVERWEIGHT OR OBESE.

The *Percentage of Overweight and Obese in grades K, 6th, and 9th from Self-selected schools in DuPage County* is a sampling which represents over 1, 077 students. 16% of the children were at or above the 95th percentile (commonly referred to as obese) and 33% of the total students we at or above the 85th percentile (commonly referred to as overweight).

Kindergarten
A total of 578 Kindergarteners School Physical Exams was assessed and 16% of the students were considered obese, 35% overweight or obese and 61% had a normal BMI (5th-85th percentile).

6th Grade
A total of 206 6th graders School Physical Exams was assessed and 15% of the students were Obese, 29% overweight or obese and 67% had a normal BMI.

9th Grade
A total of 206 9th graders School Physical Exams was assessed and 15% of the students were obese, 29% overweight or obese and 68% had a normal BMI.

This information continues to suggest that DuPage rates are reflective of the current rates nation-wide. Additional information that will be gathered through our data collection plan is needed to know more about our local situation.

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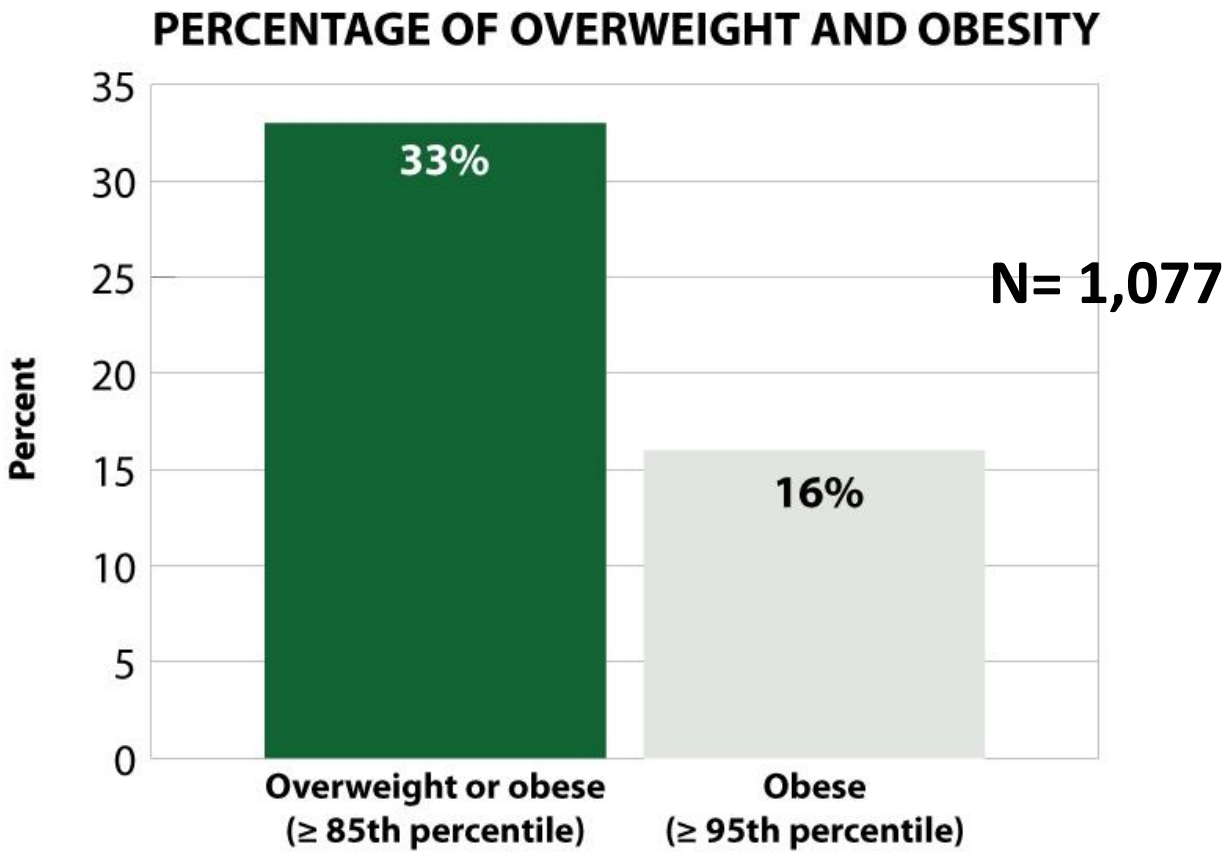

N= 1,077

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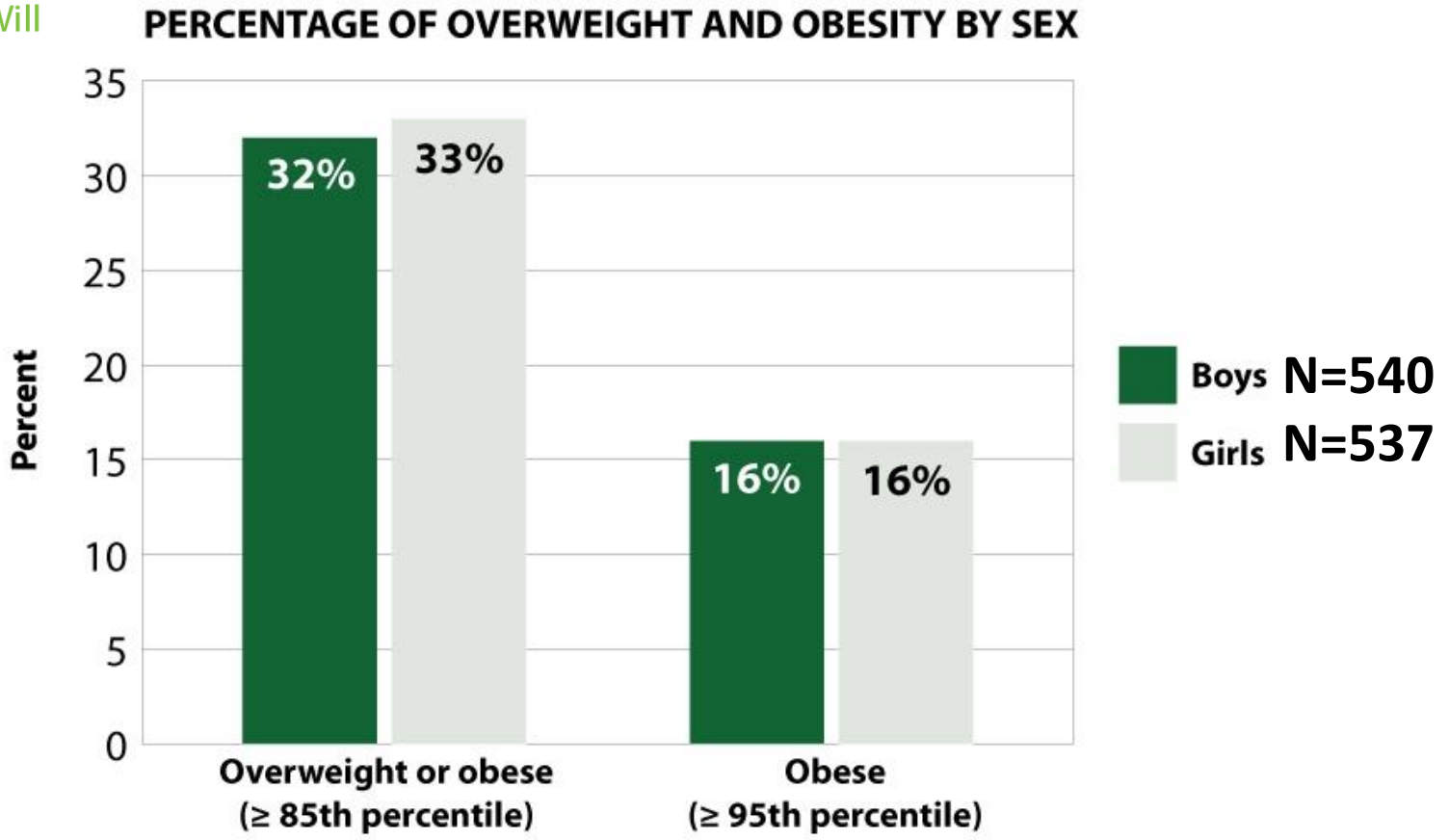

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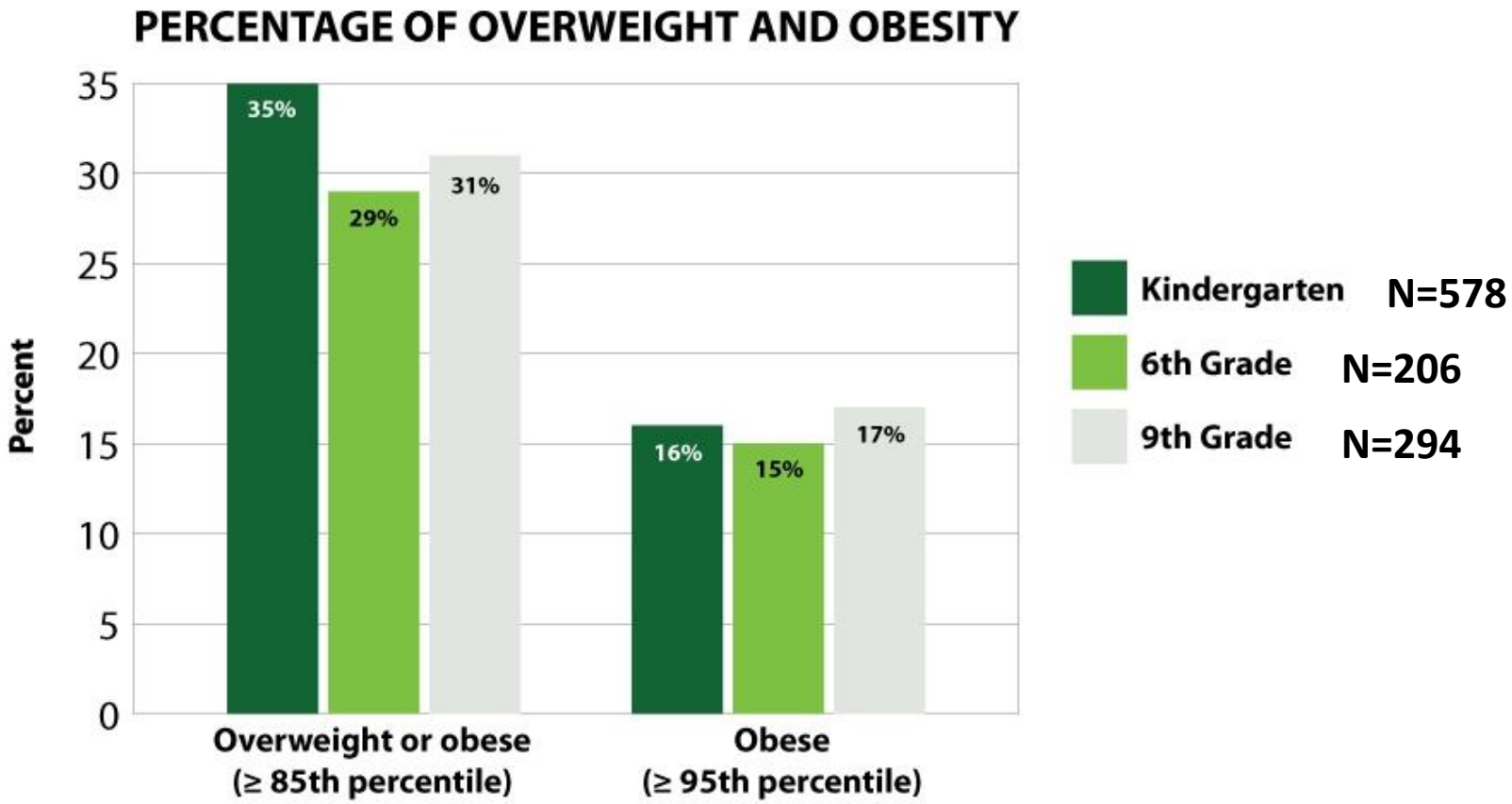
Framing The Structure



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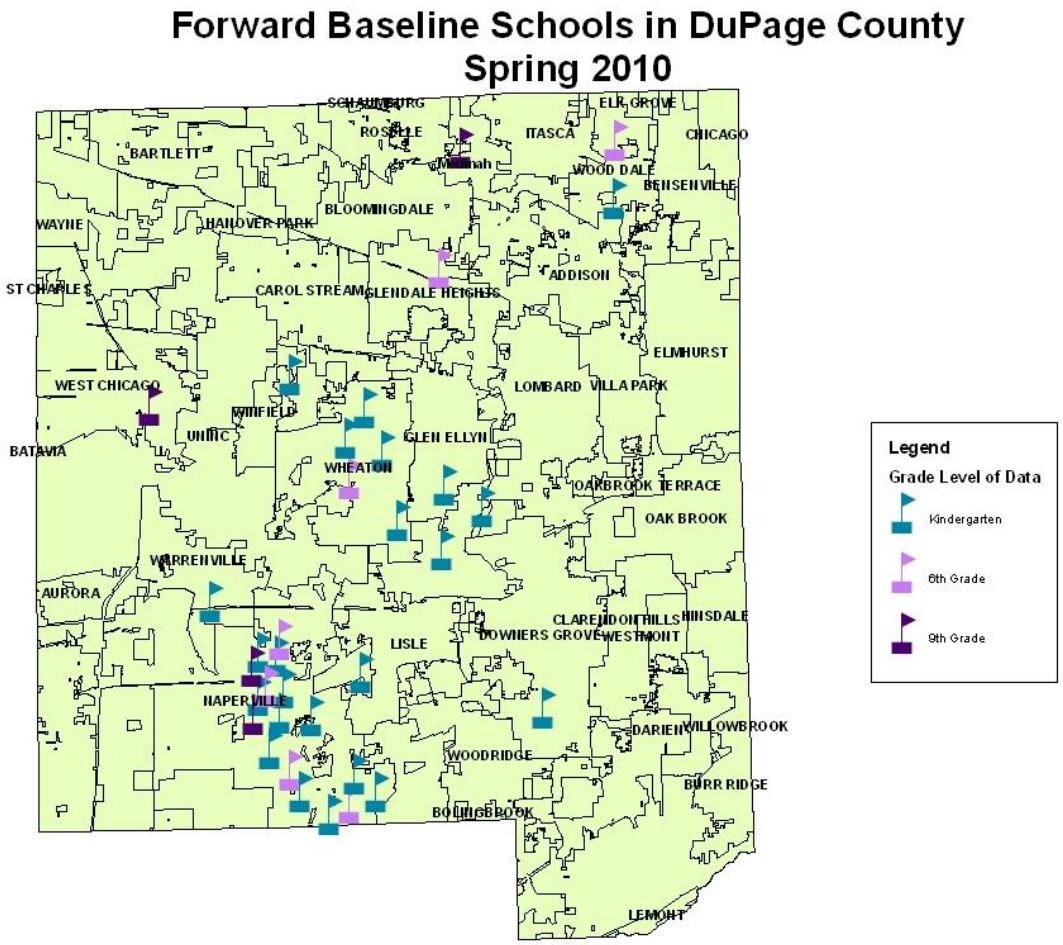

Next Steps:

- Overweight and Obesity Prevalence Rates
- Data Surveillance
  - Children
  - Adults

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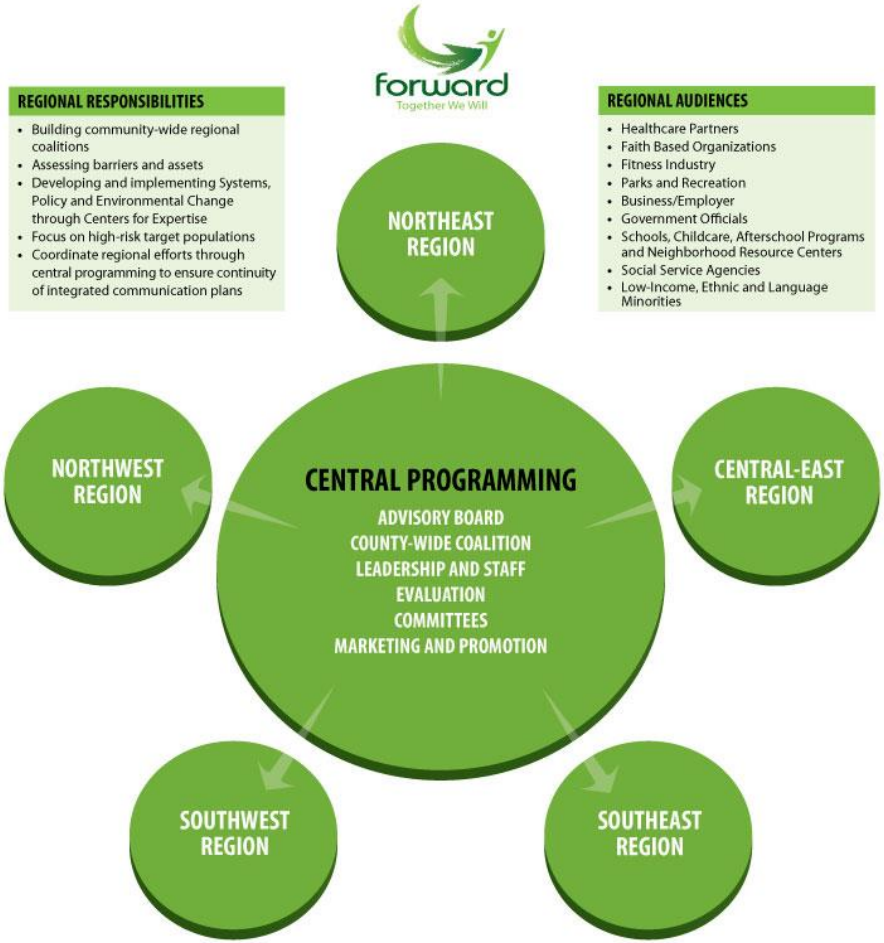
MOVING FORWARD: COMMUNITIES COMMITTED TO CHANGE



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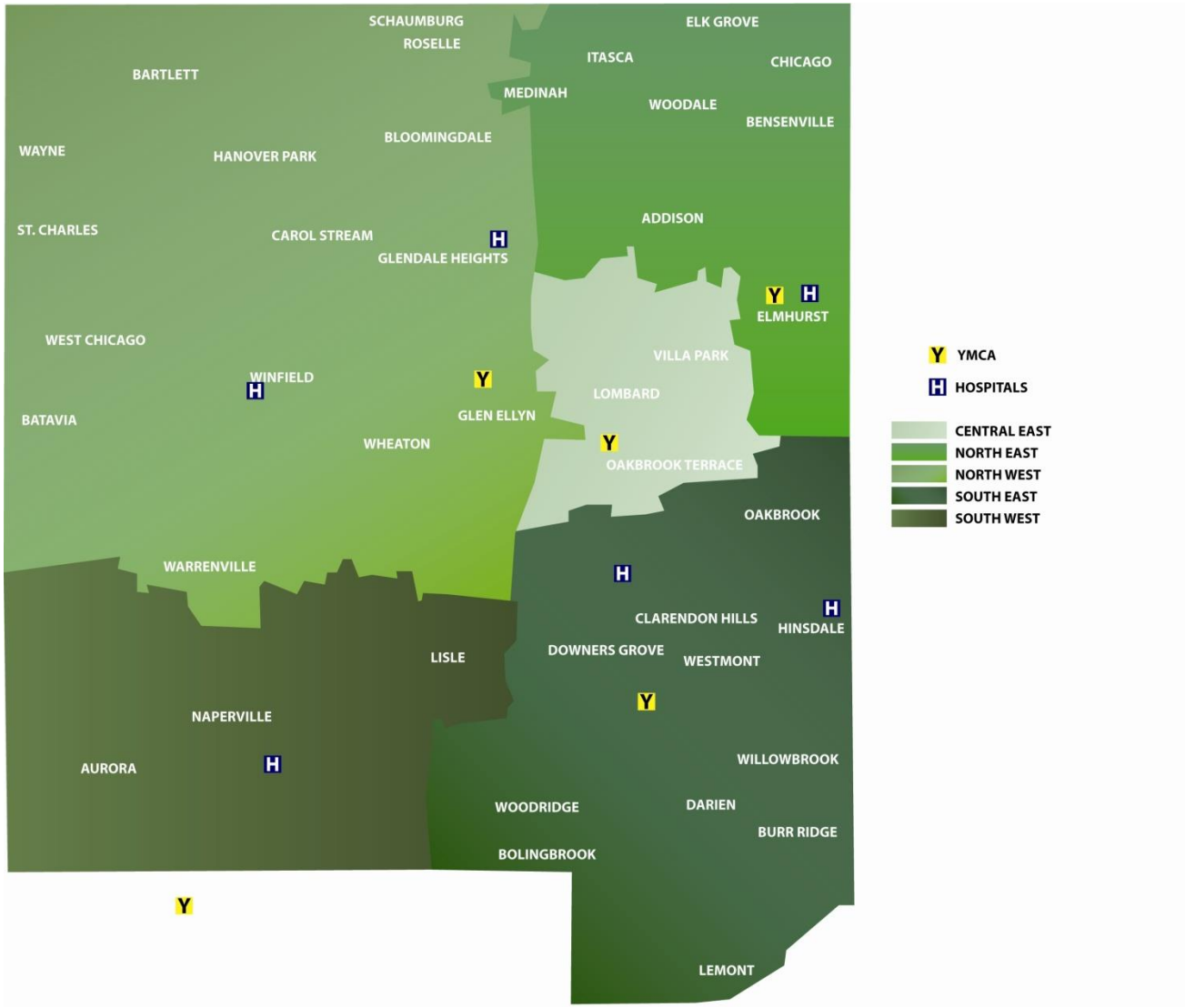
The Bricks and Mortar



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YMCA Movement

Who We Are

- One of the nation's oldest and largest not for profit CBO organizations (150+ years)
- National movement of YMCAs: 2687—in every large urban area and most mid-size to large cities
- International Movement: 124 countries
- Charitable Status – financial assistance available
- The Mission: To put Christian Principles into practice through programs that build healthy spirit, mind and body for all
- Most valued not for profit brand

What We Do

We build strong kids, strong families and strong communities

Through programs that building healthy spirit, mind and body,

In four distinct areas: health and wellness, youth development, family strengthening, and social responsibility

Traditional Y Programs
Health and Wellness Focus

- A variety of cardio and strength equipment (wellness centers)
- Group exercise classes
- Sports (youth and adult)
- Aquatics: (lap swimming, recreational swim, and water aerobics and swimming lessons for youth and adults)
- Afterschool and Day Camp Programs
- Teens, Older Adults, Families

Who We Serve

- 21 million members annually
- 549,000 volunteers (policy and program)
- Cradle to Grave--Kids, families, adults, seniors, communities

We Remain Innovative and Relevant

- Basketball
- Volleyball
- Racquetball
- Pool filtration
- Group swim lessons
- Father's Day
- Peace Corp
- USO
- Pioneers in School Age Care
- Activate America

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YMCA
ACTIVATE
AMERICA

Activate America is the YMCA's response to the nation's growing health crisis. The YMCA is redefining itself and engaging communities across the country to provide better opportunities for people of all ages in their pursuit of health and well-being in spirit, mind and body. Our primary focus is health seekers: those individuals committed to healthy living but struggling to maintain healthy habits over time.

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YMCA
ACTIVATE
AMERICA

Elements of Activate America

- Understand Health Seekers and Well-being
- Strengthen Relationships with Members
- Change Y Environment
- Grow Programs
- Transform Staffing Practices
- Use Members' Perspective Data

Activate American events and resources

- Healthy Kids Day
- America on the Move
- Healthy Family Homes
- Food and Fun Curriculum
- Community Healthy Living Index
- Pioneering Healthy Communities

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Indian Boundary YMCA

Burr Ridge, Clarendon Hills, Lisle, Darien, Downers Grove, Hinsdale, Oak Brook, Westmont, Willowbrook and Woodridge.

History

- An affiliate of the YMCA of Metropolitan Chicago serving Chicagoland for more than 150 years
- Community members mobilized in the 1950's and succeeded in opening a storefront YMCA in 1954
- This grew into a full facility Y in 1970. The field house was added in the early 1980s.
- Building enhancements and community outreach keep this Y relevant in its community

Basic Stats

- Between 4,700 and 5,000 membership units
- Close to 13,000 members
- More than 8,000 program participants
- $688,096 in financial assistance allocated to individuals in 2009
- 3,416 individuals served through financial assistance in 2009
- 13+ community groups receive free or reduced costs for facility use

Programs and Services

- Traditional Y programs
- Healthy Kids Afterschool
- Healthy Kids Camp
- Girlz in the Game
- Lose Weight-Feel Great
- Silver Sneakers
- Commit to be Fit Run/Walk

Programs and Services (cont)

- 35,000 Calories in 100 Days and other goal setting and tracking programs
- Commit to be Fit
- Acivtrax
- Healthy Family Home

Recognition

Winner of the Downers Grove Area Chamber of Commerce & Industry's 2009 ***"Chamber Choice Award"*** in the category of community contribution by a nonprofit organization

Stories

- Families
- Kids
- Bobbie

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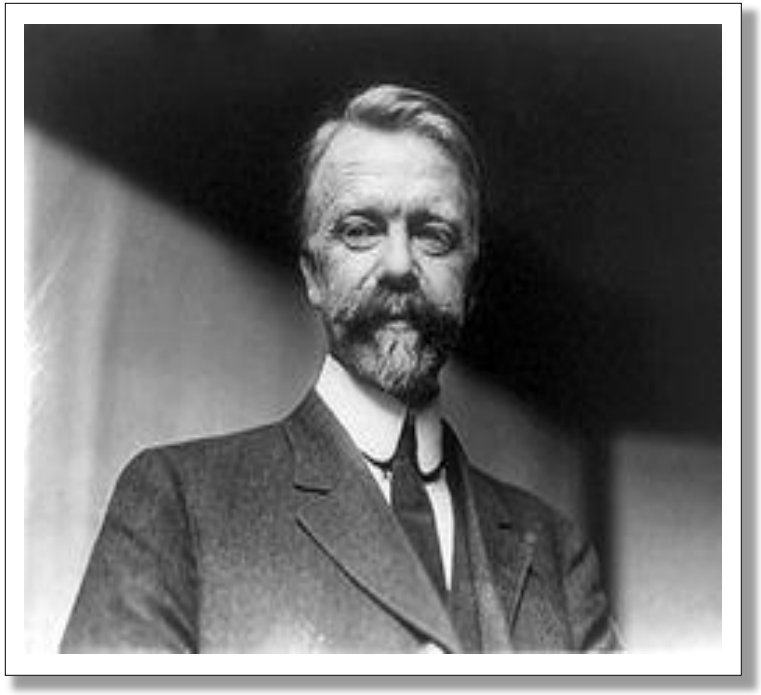
B.R. Ryall YMCA

www.brryallymca.org

A Gulick Collaborative YMCA



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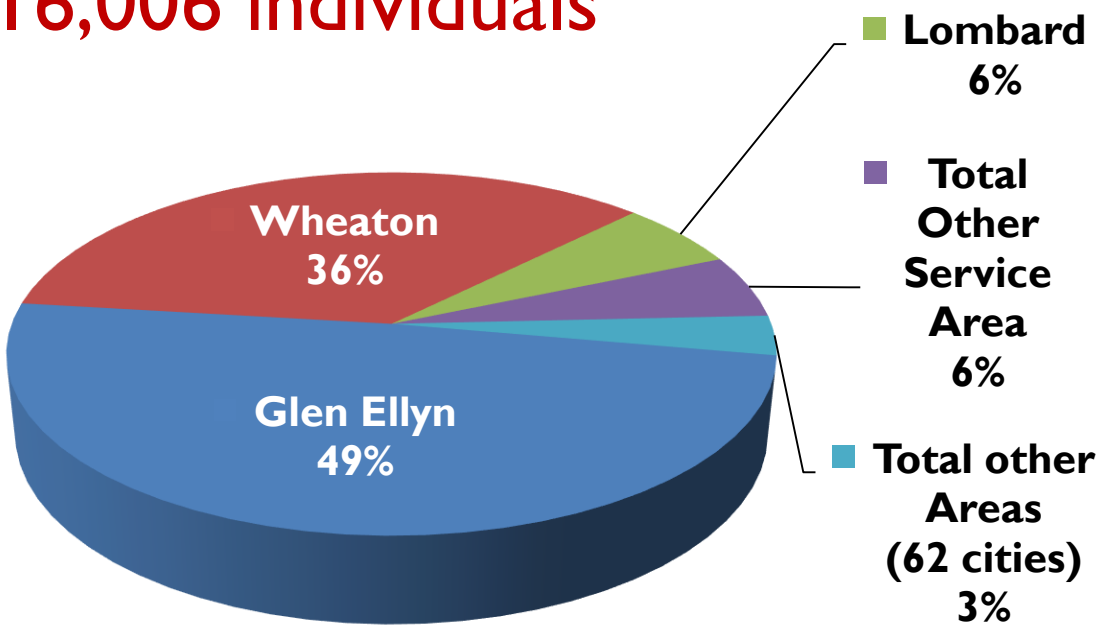
B.R. Ryall YMCA

www.brryallymca.org

Total Direct Annual Service

16,006 individuals



B.R. Ryall YMCA

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www.brryallymca.org

Community Support

Direct Financial Assistance

Health & Well-being	$153,000
Childcare & Afterschool	97,000
Total Direct Assistance	**$250,000**

Indirect Financial Assistance

Facility Use by Community Groups	$60,000
Outreach/support to Community Groups	30,184
Community Outreach Programs	10,000
International Work	500
Other Community Support	8,500
Total Indirect Assistance	**$109,184**

Total Community Support $359,184

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B.R. Ryall YMCA

www.brryallymca.org

Obesity Prevention

TeenStart

&

Intro to Fitness

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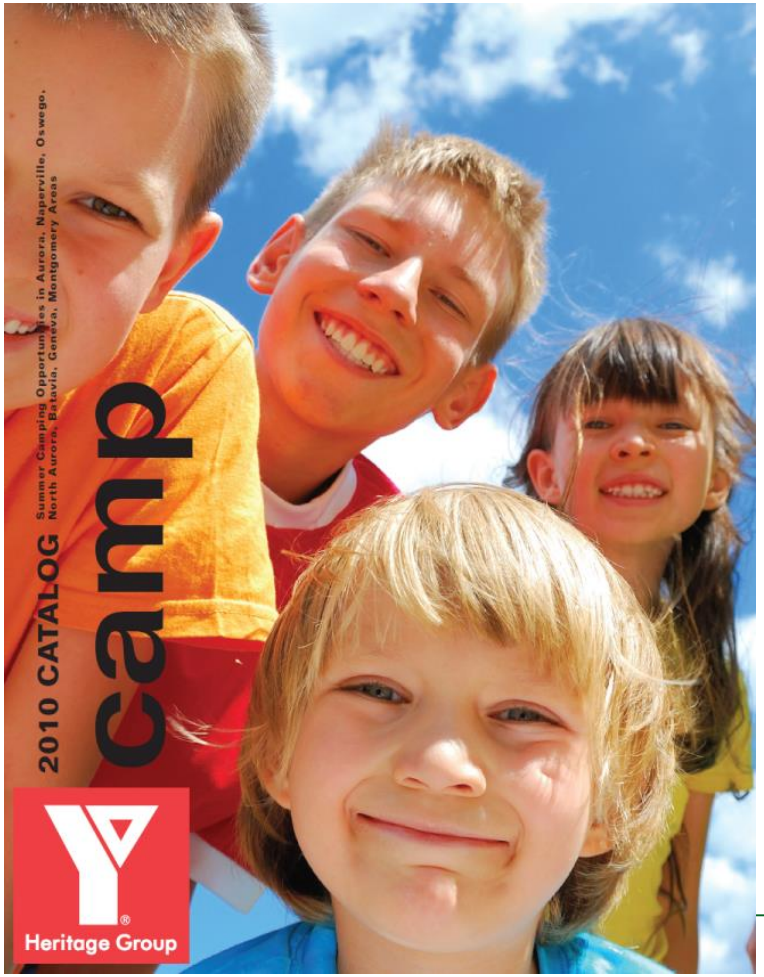
Heritage YMCA Group



Serves areas:

- ✓ Naperville
- ✓ Aurora
- ✓ Oswego

Heritage YMCA History

- Naperville Area YMCA Opened March 1911
- Fry Family YMCA, South Naperville 1995
- 2000 Aurora YMCA merges with Naperville to become Heritage YMCA Group
- Expanded Fry and Built Field House
- 2001 Oswego Y opened at Mason Square
- 2009 Oswego moves to 22,000 sq.ft. location in old Traughber Middle School

Heritage YMCA Service Area

DuPage County:

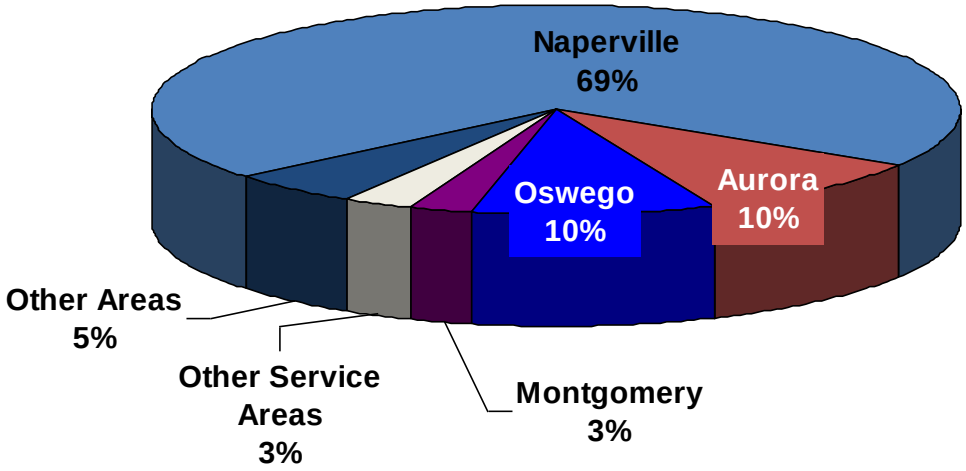
- Aurora
- Naperville
- Lisle (west of Rt. 53)

Heritage YMCA Programs

- Traditional YMCA Programs
  - 86 Free Group Exercise Classes/Week
  - 10 Free Family Friendly Classes/Week
  - Strong Personal Training program, long term commitments
- Before/After School Child Care
  - 38 sites in School Dist. 203 & 204

Heritage YMCA

Service Area



Heritage YMCA Obesity Prevention

- Healthy Lifestyles Committee
  - ✓ Healthy Vending Policy
  - ✓ Healthy Food Policy
- Family Friendly Classes
- Fit Kids Program
- Wellness Initiative in Summer Day Camp
- Healthy Kids Day
- America on the Move Week
- Collaborations with Community Organizations

Heritage YMCA Success Stories

- Fit Kids in Summer Camp

- Danny
- Kirsten

Elmhurst YMCA

Serving the communities of:

- ✓Elmhurst – Bensenville
- ✓Berkeley – Hillside
- ✓Melrose Park – Addison
- ✓Bellwood

History

- The Elmhurst YMCA is a branch of the YMCA of Metropolitan Chicago
- The Elmhurst YMCA has been part of the community for nearly 60 years
- Programs and services have changed over the years to reflect the needs of the communities the Y serves

Programs

- Fitness Center – Active-Trax system
- Land and Water Fitness Classes
- ½ Day Kindergarten and Afterschool Program
- Day Camp
- Outdoor Ice Rink
- Teen Leaders Club
- Adaptive Aquatics
- Youth Basketball

Obesity Prevention Efforts

- Land and Water Fitness Classes
  - 45 land and 18 water fitness classes a week
  - Youth Fitness
  - Kids Yoga
  - Teen Commit to be Fit
- N.E.W. You – Nutrition Education and Weight Management
- Youth Sports
- Elmhurst Triathlon Club
- Healthy Kids Day Camp and Afterschool

Metro Chicago

Success!!!!!!!!!

- Michelle Daugherty and Terri Sever

Tri-Town YMCA

Improving Children's Lives through Health Enhancement

Serving Lombard, Villa Park, Oakbrook Terrace through Community Programming and Outreach

We build strong kids, strong families, strong communities

After School Program
Food & Fun Curriculum

National YMCA

The DuPage Community Foundation

The DuPage Medical Group

West Suburban Dietetic Association

TRI-TOWN YMCA

Operation Pull Your Own Weight

- Leg Assisted Pull Ups so all can succeed
- Adjustable Straps for individual progress
- Shared Resources with school PE classes
- Community Volunteers
- Community Recognition

TRI-TOWN YMCA

Healthy Lombard

- Village of Lombard
- Lombard Elementary District 44
- Glenbard Township High School District
- Lombard Park District
- Lombard Kiwanis, Lombard Rotary, Lombard Lions
- Best Buy of Downers Grove
- DuPage County Health Department & FORWARD
- Helen Plum Library
- The DuPage Medical Group
- Elmhurst Hospital

Community Healthy Living Index

- Y-USA, Harvard, Stanford, CDC
- Impact on Policy & Environment
- Y Facilitated Assessment Teams & Improvement Planning Sessions
- Schools, Childcare, Worksites, Neighborhoods, Community at Large

LOMBARD · VILLA PARK · OAKBROOK TERRACE ·
TRI·TOWN YMCA

Overcoming Barriers

LOMBARD · VILLA PARK · OAKBROOK TERRACE

TRI·TOWN YMCA

- Stress – Overscheduled
- Low Self Esteem – Anxiety- Depression
- Low Income – Under Insured - Cultural Issues

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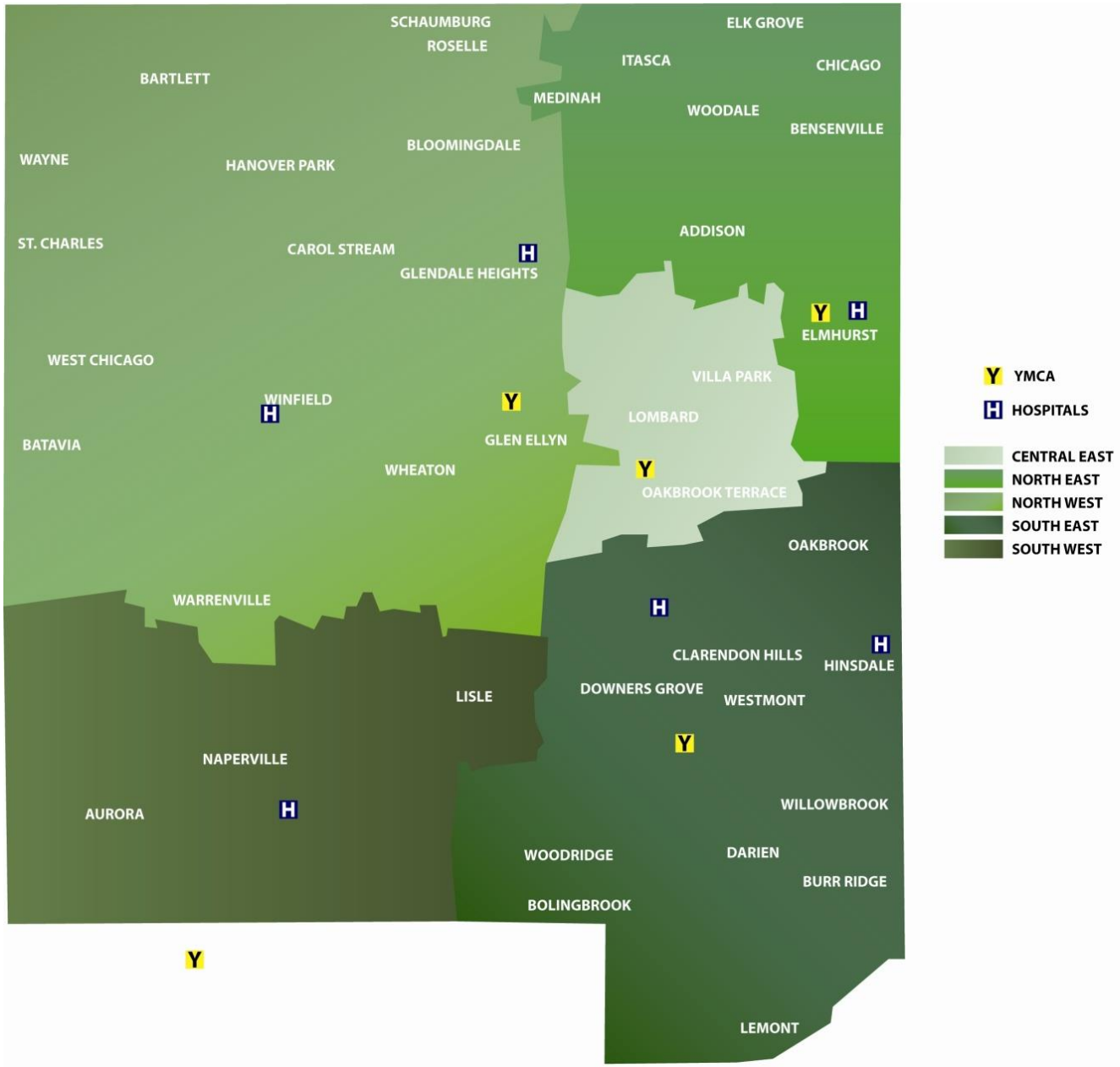
SCHAUMBURG
ROSELLE
ELK GROVE
ITASCA
CHICAGO
BARTLETT
MEDINAH
WOODALE
BENSENVILLE
BLOOMINGDALE
WAYNE
HANOVER PARK
ADDISON
ST. CHARLES
CAROL STREAM
GLENDALE HEIGHTS
ELMHURST
WEST CHICAGO
VILLA PARK
WINFIELD
LOMBARD
BATAVIA
GLEN ELLYN
WHEATON
OAKBROOK TERRACE
OAKBROOK
WARRENVILLE
CLARENDON HILLS
HINSDALE
DOWNERS GROVE
WESTMONT
LISLE
NAPERVILLE
AURORA
WILLOWBROOK
WOODRIDGE
DARIEN
BURR RIDGE
BOLINGBROOK
LEMONT
YMCA
HOSPITALS
CENTRAL EAST
NORTH EAST
NORTH WEST
SOUTH EAST
SOUTH WEST

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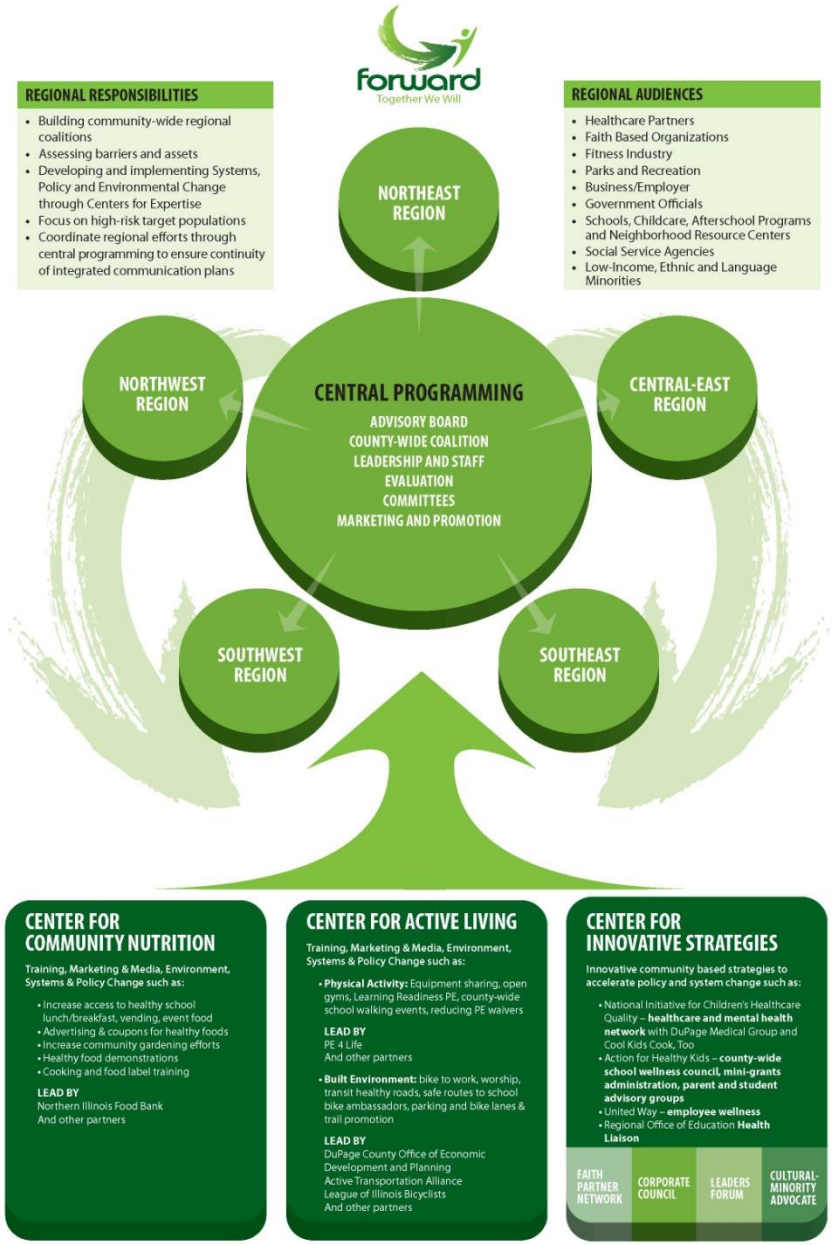

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CENTER FOR COMMUNITY NUTRITION

Training, Marketing & Media, Environment, Systems & Policy Change such as:

- Increase access to healthy school lunch/breakfast, vending, event food
- Advertising & coupons for healthy foods
- Increase community gardening efforts
- Healthy food demonstrations
- Cooking and food label training

LEAD BY
Northern Illinois Food Bank
And other partners

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CENTER FOR INNOVATIVE STRATEGIES

Innovative community based strategies to accelerate policy and system change such as:

- National Initiative for Children's Healthcare Quality – **healthcare and mental health network** with DuPage Medical Group and Cool Kids Cook, Too
- Action for Healthy Kids – **county-wide school wellness council, mini-grants administration, parent and student advisory groups**
- United Way – **employee wellness**
- Regional Office of Education **Health Liaison**

FAITH PARTNER NETWORK	CORPORATE COUNCIL	LEADERS FORUM	CULTURAL-MINORITY ADVOCATE

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CENTER FOR ACTIVE LIVING

Training, Marketing & Media, Environment, Systems & Policy Change such as:

- **Physical Activity:** Equipment sharing, open gyms, Learning Readiness PE, county-wide school walking events, reducing PE waivers

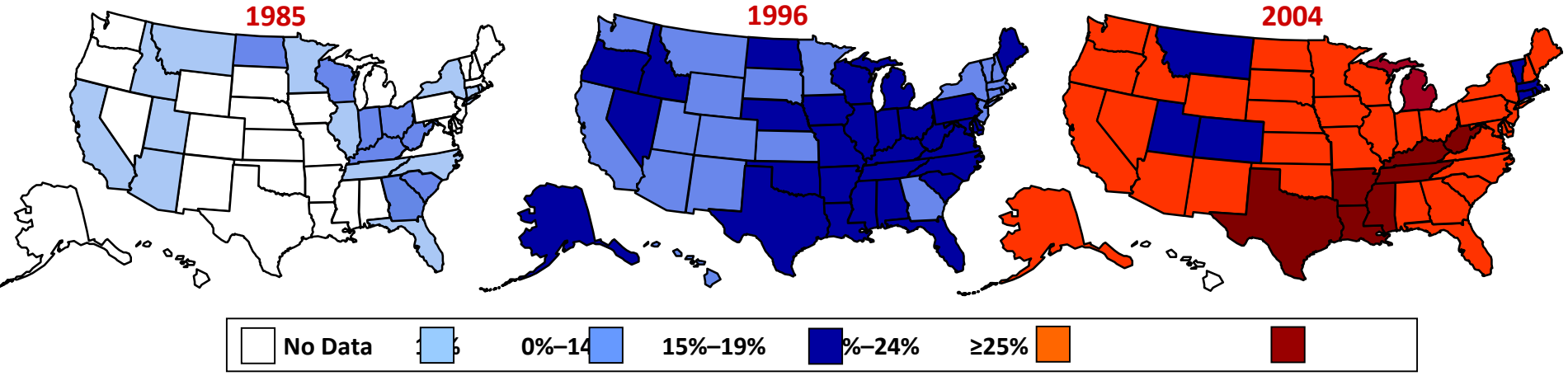
  LEAD BY
  PE 4 Life
  And other partners

- **Built Environment:** bike to work, worship, transit healthy roads, safe routes to school bike ambassadors, parking and bike lanes & trail promotion

  LEAD BY
  DuPage County Office of Economic Development and Planning
  Active Transportation Alliance
  League of Illinois Bicyclists
  And other partners

Why IS PE Important

Americans are *growing* more obese & overweight…rapidly!!



*BMI ≥30, or about 30 lbs overweight for 5'4" person

CDC
SAFER·HEALTHIER·PEOPLE™

AOA
AMERICAN OBESITY ASSOCIATION

Swedish Study

- Performed - study of all Swedish men born between 1950 on 1976--- who entered the MILITARY— At age 18 They had grades and test scores at 15 and test scores on entering military at 18. As well they had information on physical fitness at 15 and 18 and made their analyses.
- 270,000 were siblings
- 3100 were fraternal twins
- 1432 were identical twins
- The sample included a total of 1,221,727 men
- The finding was that higher IQ scores were found in those men with the better cardiovascular conditioning, even when comparing TWINS

Figure 1 2004 CST in English-language arts by the number of fitness standards achieved

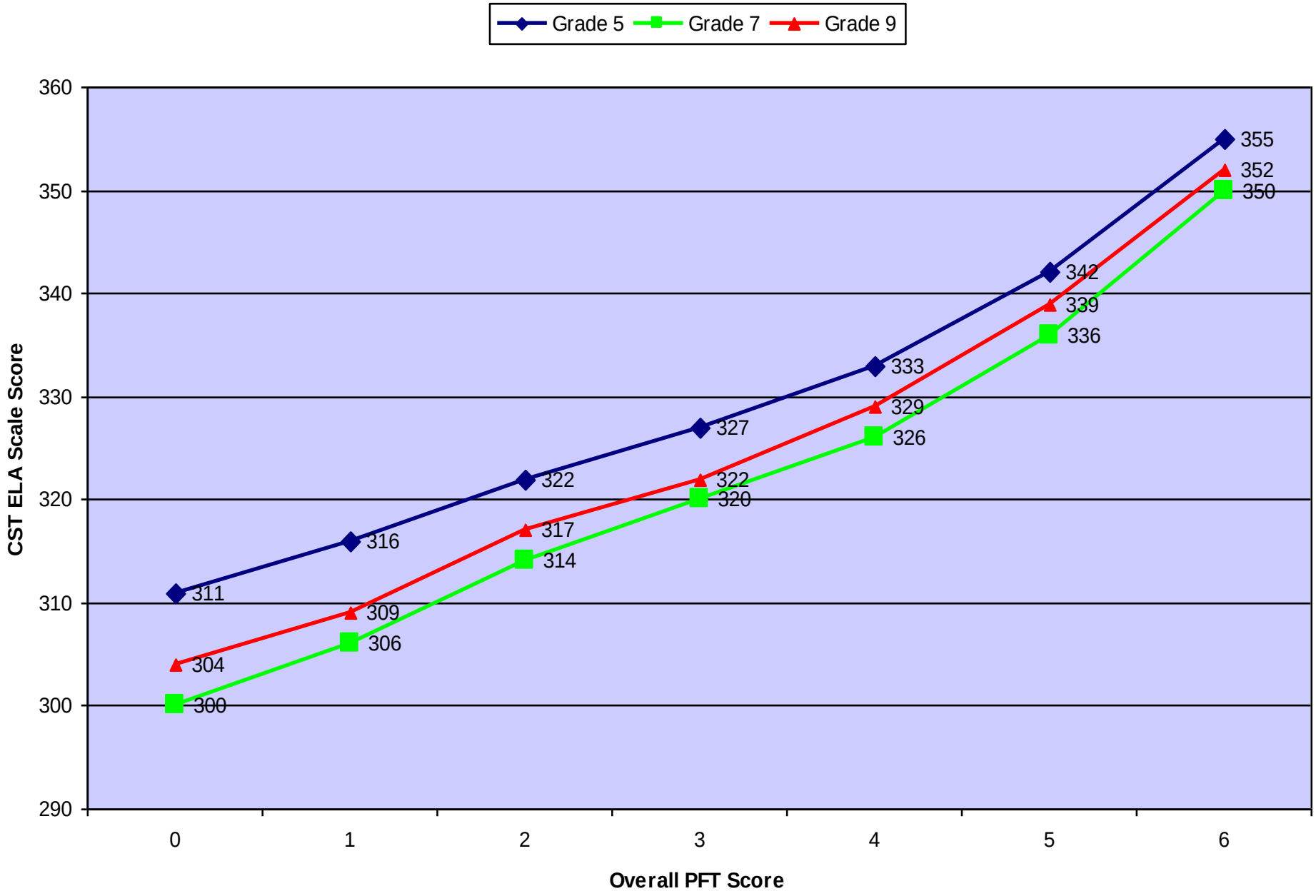
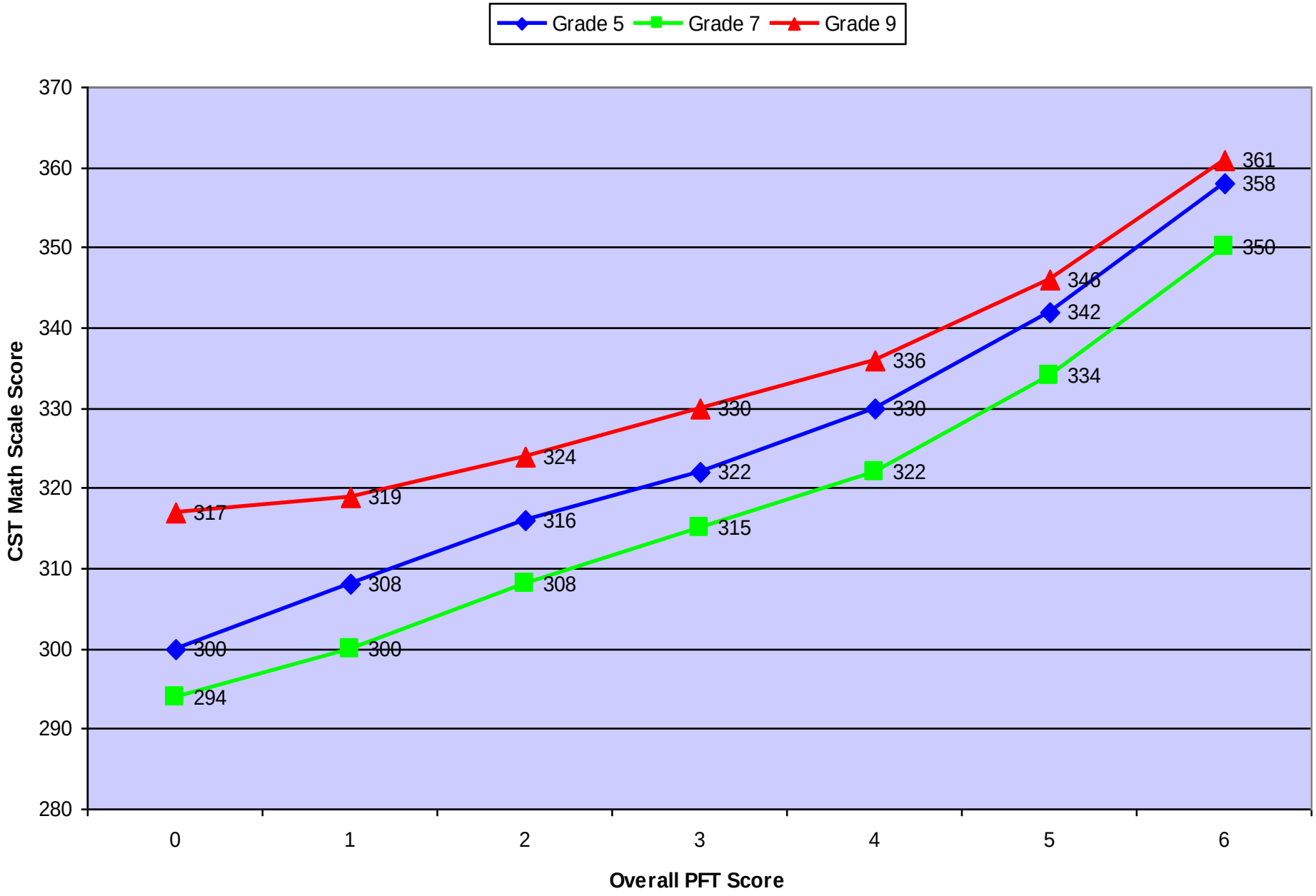
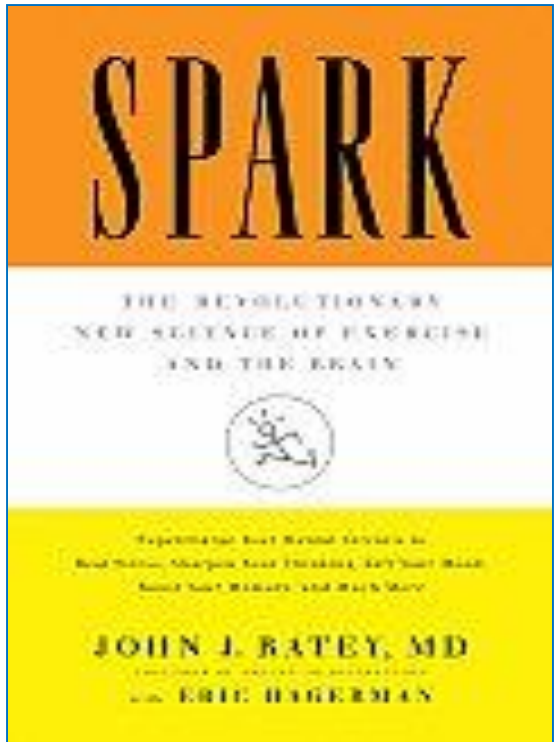


Figure 2 shows these same results using 2004 CST in mathematics scale scores





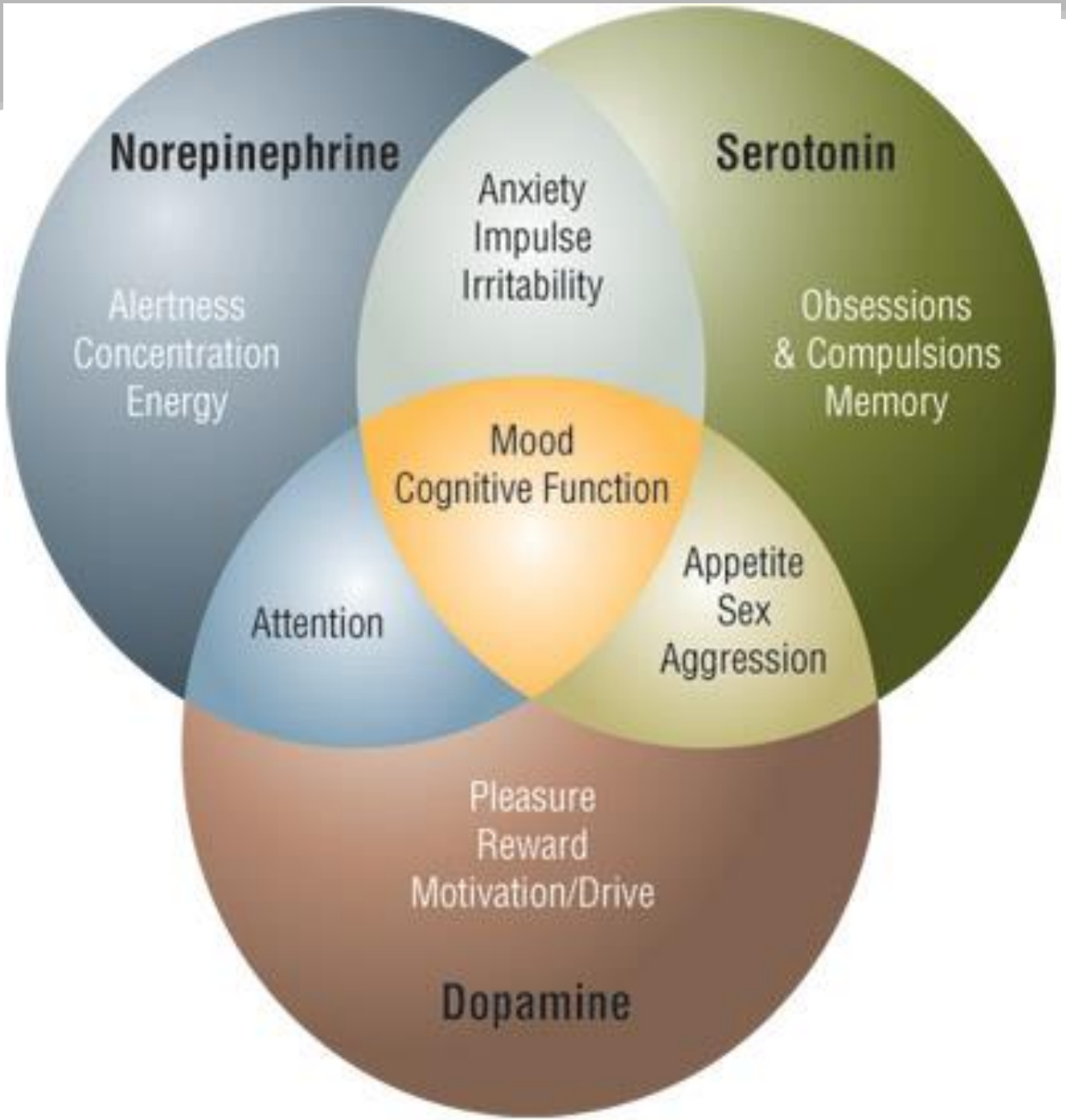
Enhanced Academic Performance

Consistent exercise, and certain types of specific exercises, can both temporarily and permanently affect the way your brain is able to focus, its ability to deal with stress and anxiety, and its ability to learn …

"Exercise is like fertilizer for the brain … it's so good, it's like Miracle Gro".

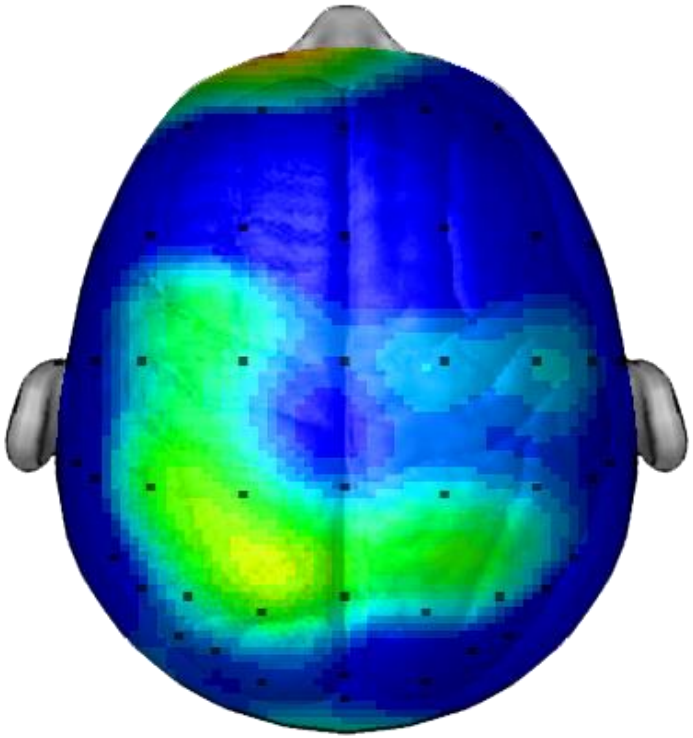
- Dr. John Ratey, Harvard Brain Researcher

NEUROCHEMISTRY

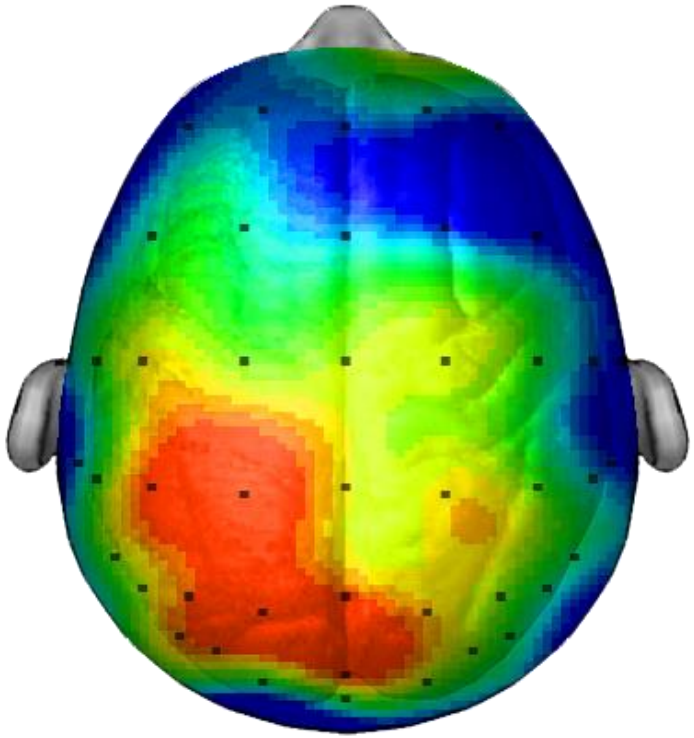


Average composite of 20 student brains taking the same test

Brain after sitting quietly

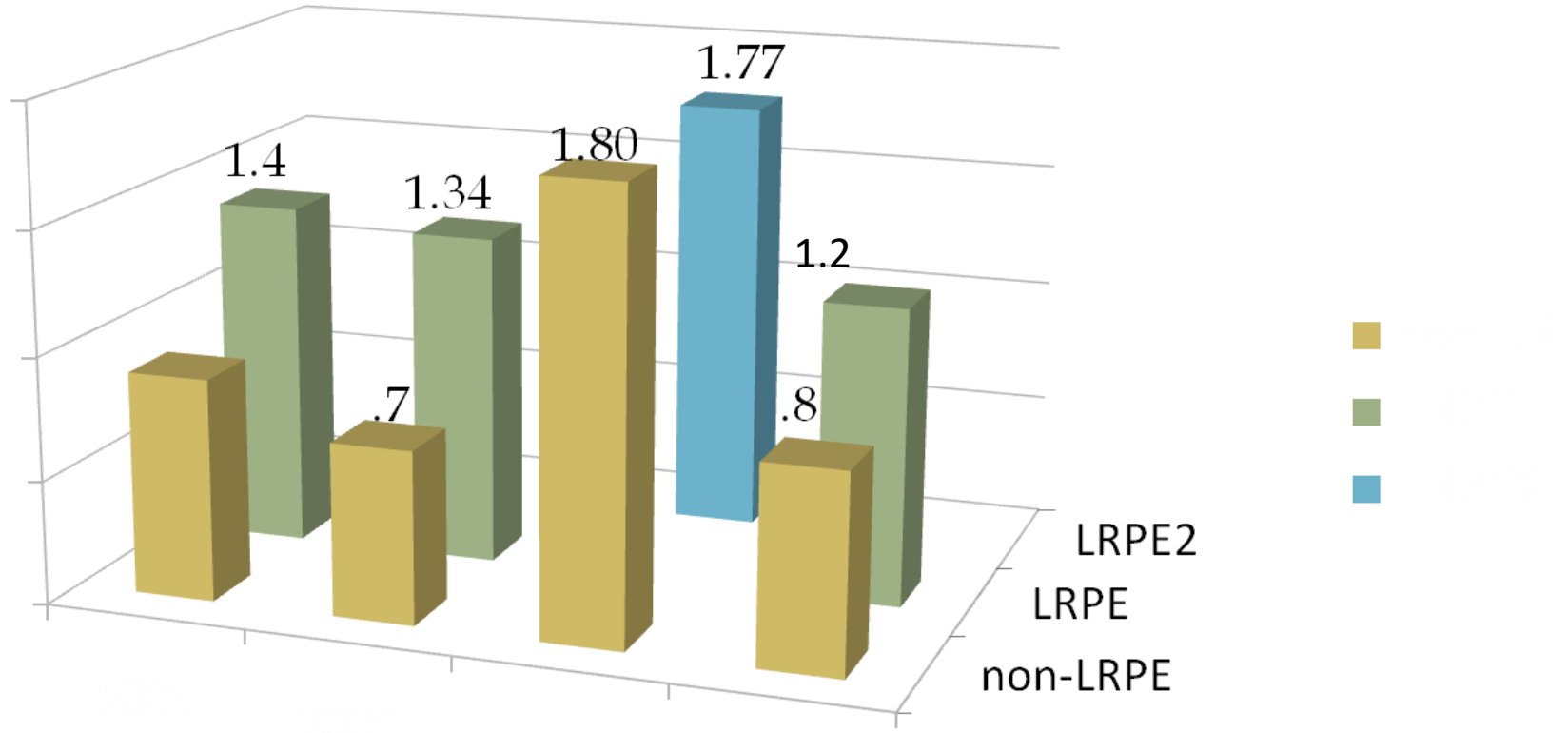


Brain after 20 minute walk

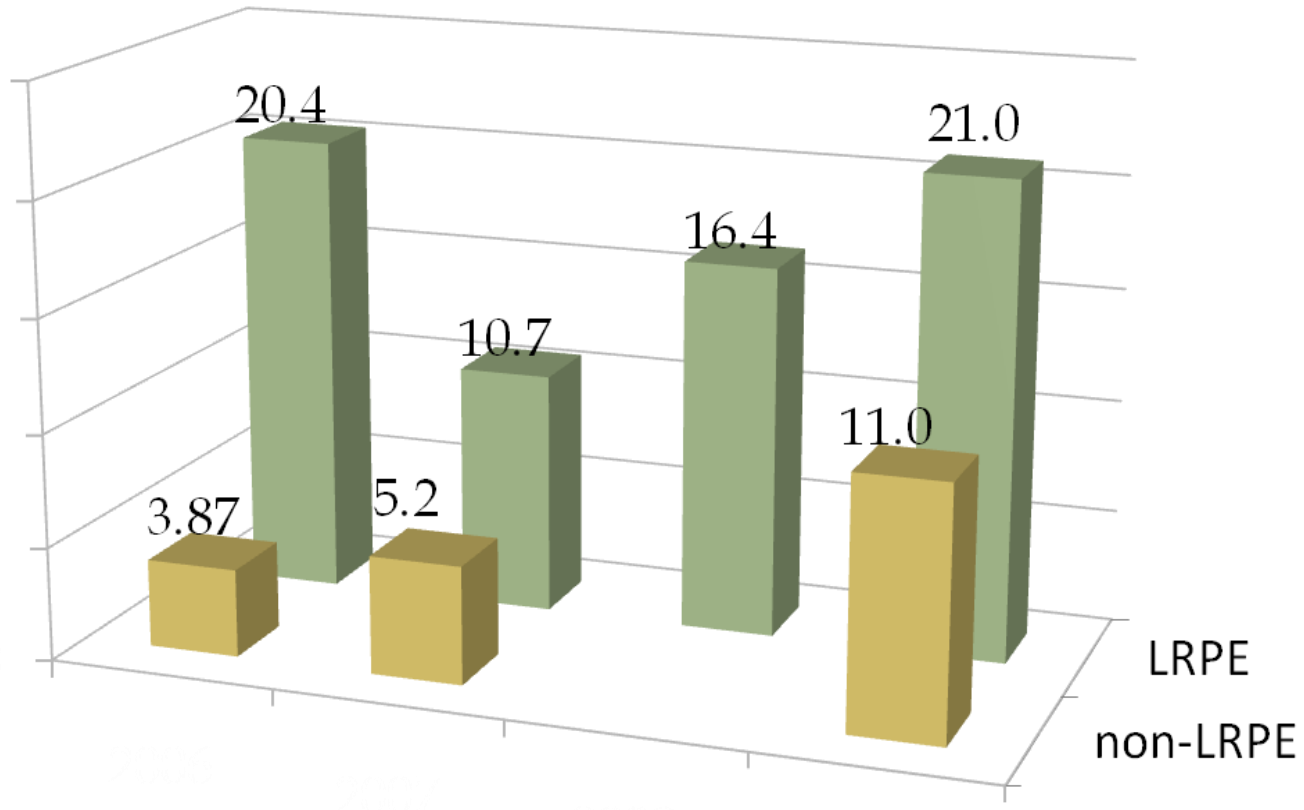


Research/scan compliments of Dr. Chuck Hillman University of Illinois

Literacy Data



Math Data



Less Calories in

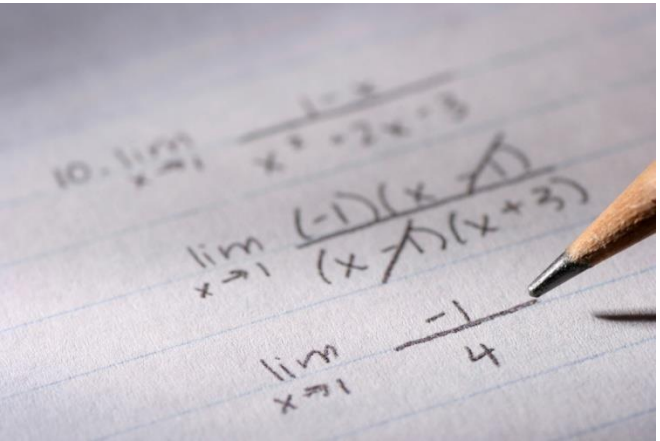
Minus

More Calories out

That is why we need

Quality Daily

Physical Education



Physical Ed. Department Emphasis

Fitness
Wellness
Health
and Teambuilding

NOT

SPORT SKILLS

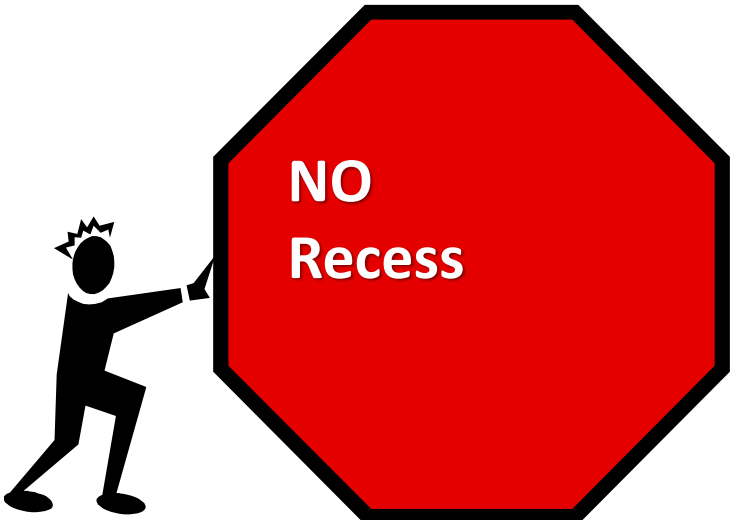
The Core Beliefs of a PE4life Program

- Ideally PE every day (minimum: every other day)
- Develop an innovative curriculum
- Explore new lifetime activities
- Integrate new technology into the PE class, i.e. heart rate monitors, pedometers, fitness software…
- Explore opportunities in team building/leadership
- Direct to all students, not just the athletically inclined
- Variety of sports, life time activities and fitness activities small sided games
- Individualized fitness assessments
- Extend PE beyond the walls of the gymnasium -- develop community partnerships

Malpractice Occurrences

Didn't finish work

Discipline Problem



Discipline Problem

More academic Time Needed

Medical Excuses

Modified Forms

Doctor's note should indicate what Student

Can Do!!!

DU PAGE COUNTY PROMOTING ACTIVE TRANSPORTATION

The Built Environment

WHY DO IT?

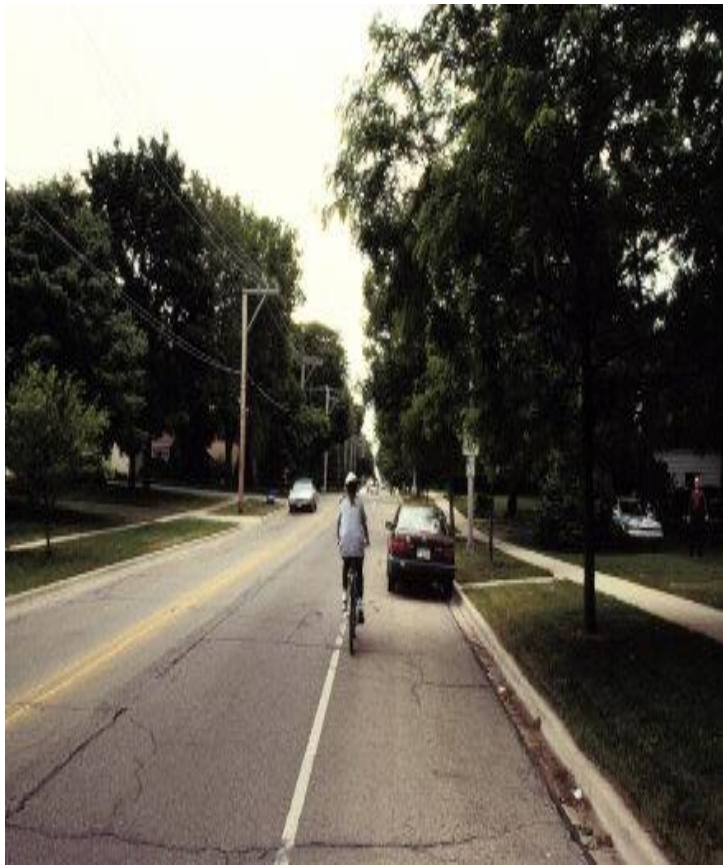
- Transportation
- benefits
- Quality of life/health and fitness
- Economic development

Transportation Benefits

What gets the equivalent of 1,000 miles per gallon, doesn't pollute, greatly increases your physical and mental health, encourages fun and friendships?

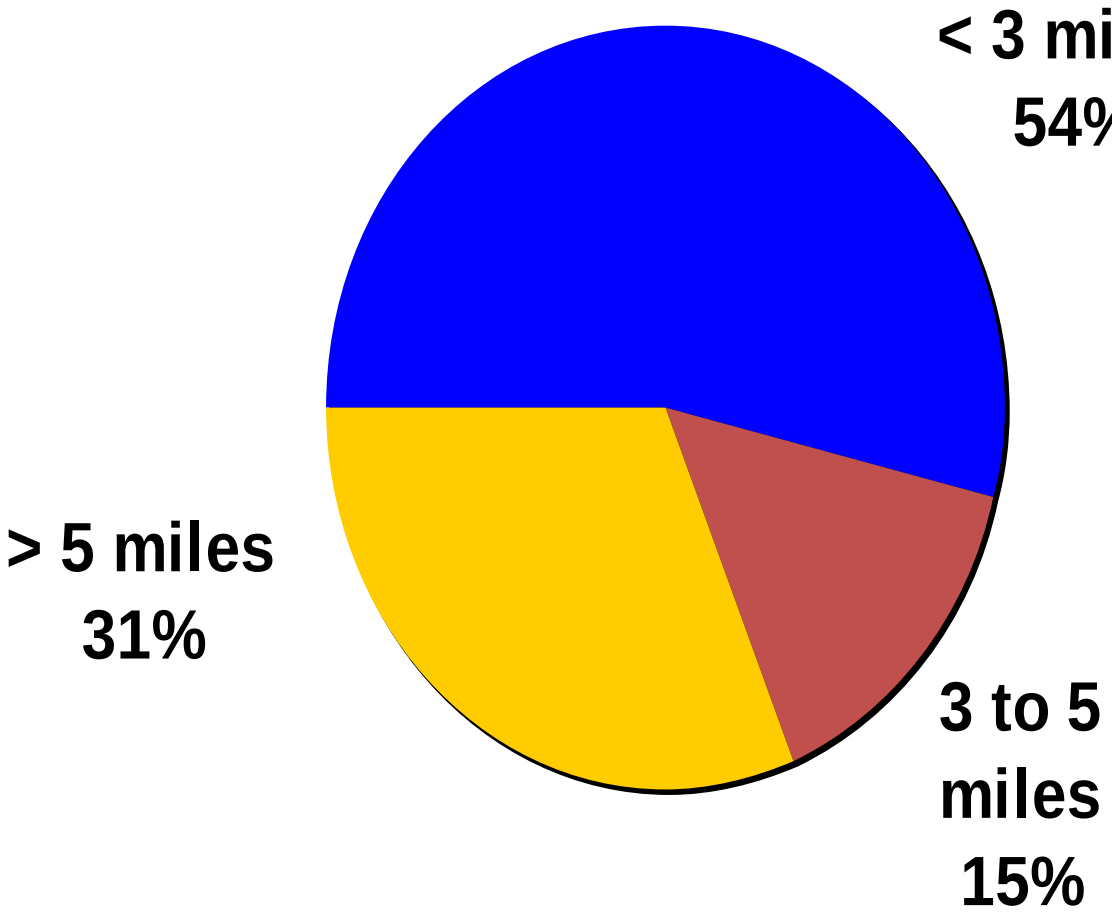
- Reduced traffic congestion through trip diversion
- Air quality improvements through reduced auto emissions

Trip Diversion



- Bicycling/walking are ideal transportation alternatives for shorter trips
- Most trips less than 5 miles

Trip Lengths in DuPage County



Source: CATS Household Travel Survey

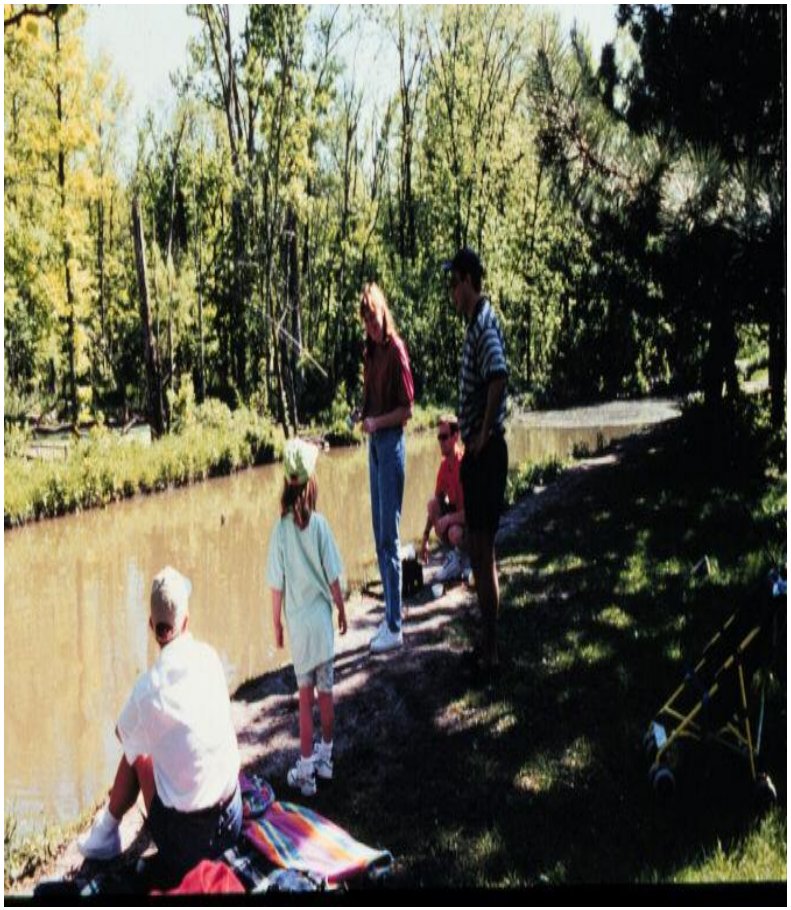
Quality of Life
Health and Fitness

- Recreation
- Nature experience
- Mental health benefits (stress reduction, decreased depression, decreased anxiety)

Quality of Life/Health

- Slows the aging process by promoting active/healthy lifestyles
- Aids in preventing and controlling diabetes and arthritis
- Helps reduce obesity

Quality of Life/Health



- Promotes sense of community
- Promotes environmental stewardship and resource conservation

Economic Development

- Contributes to the economic vitality of the community
- Eco-tourism
- Sales:
  - ✓Equipment
  - ✓supplies

Economic Development

- Amenity in residential areas increases home values
- Small business development (shops, restaurants)
- Can be the focal point of downtown development/redevelopment

Economic Development Example – Naperville Riverwalk

Pre-Riverwalk Development Aerial of Downtown Naperville

Hitchcock Design Group, Naperville, Illinois - Latest Area Plan

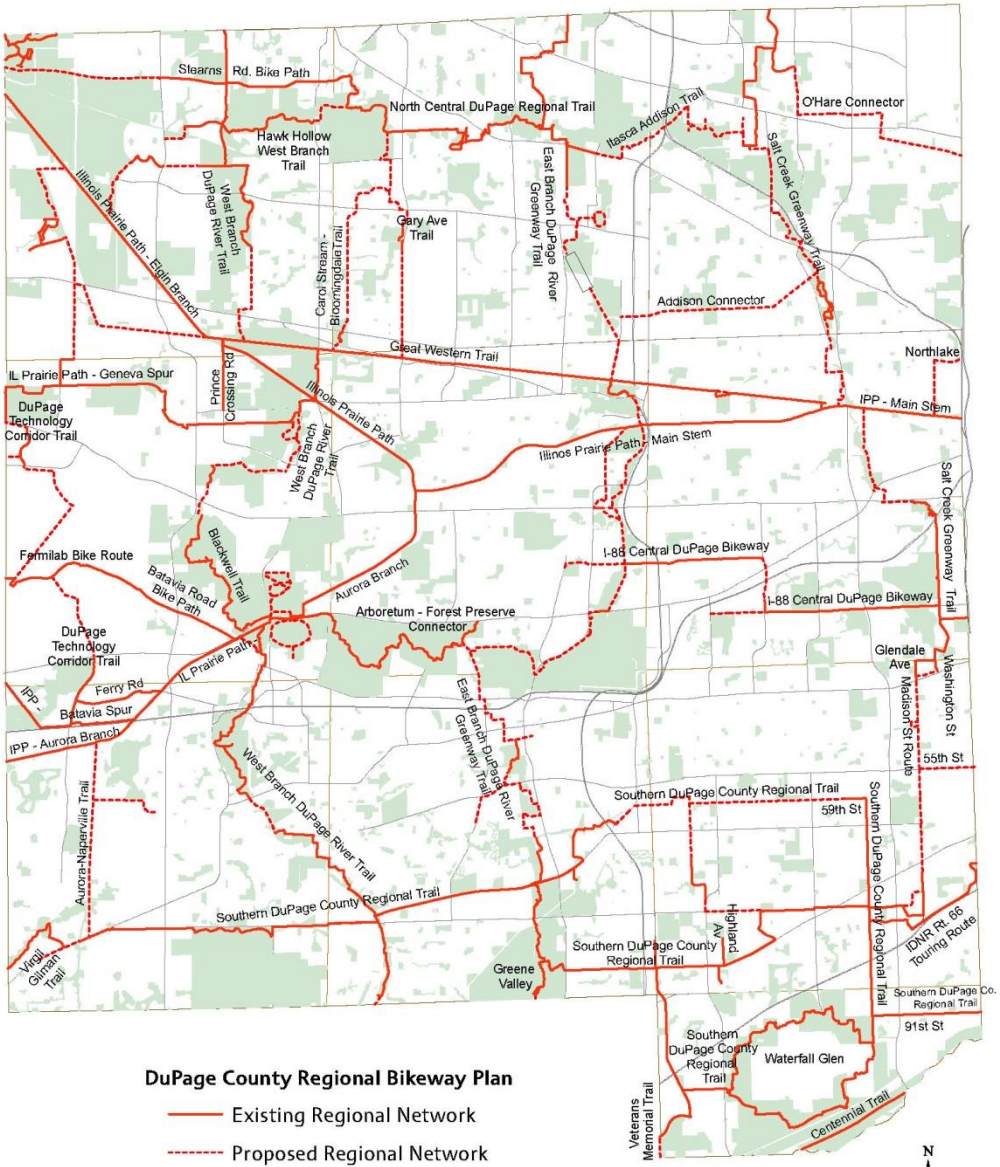
It's More Fun!

Bison roam the prairie at Fermi National Laboratory

Multi-use system includes equestrians, pedestrians, and bicyclists

DU PAGE COUNTY REGIONAL BIKEWAY PLAN

DuPage County Regional Bikeway Network



DuPage County Regional Bikeway Plan

Existing Regional Network

Proposed Regional Network

Prepared by DuPage County
Department of Economic Development and Planning
June, 2008

Plan Development

1987: 1st Countywide land use plan setting aside open space along greenway corridors

1984: 1st Countywide Bikeway Plan

1996- Plan Updates

2008:

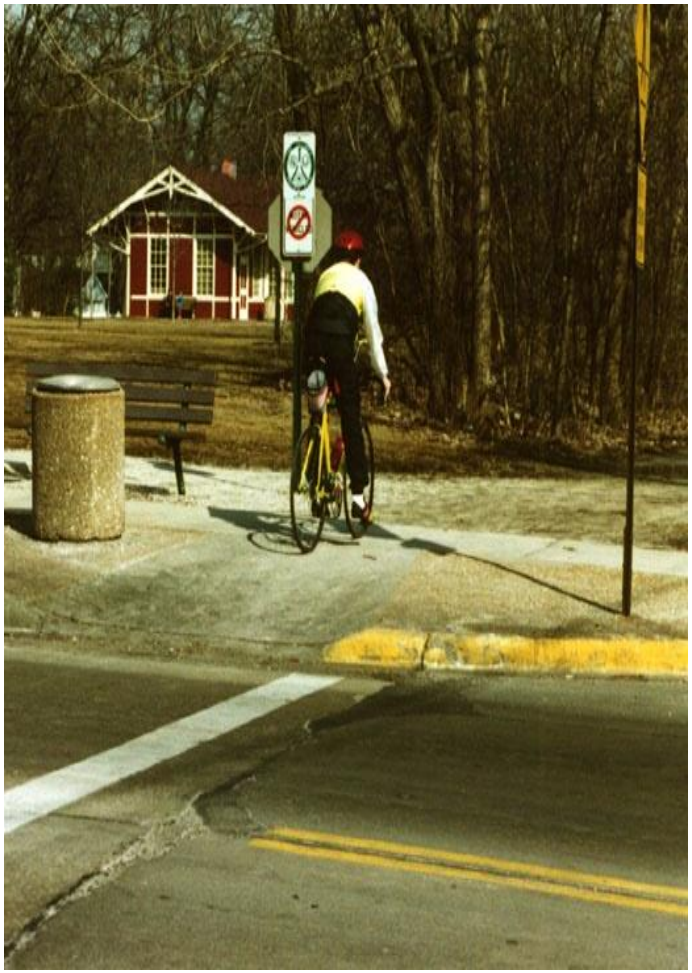
Plan Basis
Intergovernmental Coordination

- Part of NE Illinois Regional Transportation Plan
- 90 local agencies in DuPage
- Cooperative planning effort with DuPage Mayors and Managers Conference

Plan Basis
Intergovernmental Coordination

- Municipalities
- Park Districts
- Forest Preserve District
- DuPage County Div. of Transportation
- Townships
- Federal Laboratories
- Citizens

Plan Components



- Goals & Policies (e.g., County Healthy Roads)
- Existing Facilities
- Roads Suitable for Bicycling

Plan Components

- Proposed new facilities
- Priority projects for implementation by all 90 agencies
- Plan summary in meeting materials

EXISTING BIKEWAYS

Paths, routes & lanes:

- 1995 = 197 miles
- 2008 = 462 miles

PROPOSED BIKEWAYS

- Every citizen within 3 miles of a regional bikeway
- 307 proposed miles

ROLE OF FORWARD

forward

Together We Will

VISION OF FORWARD

- Increase Public Education on Value of Active Transportation
- Promote Usage of Facilities
- Utilize Expertise

Blackwell Trail

Illinois Prairie Path
47-year-old
Rail-to-Trail
Conversion

Aurora School Kids On Bike Hike

Glen Briar Walk-to-School Day
Glen Ellyn

Great Western Trail Connection
Villa Park

EXPANDING WORK WITH EXISTING PARTNERS

- DuPage Mayors and Managers Conference
- League of Illinois Bicyclists
- Active Transportation Alliance
- Business Community

PROPOSED PROJECTS

- Bike-to-Work Employer-Based Site Training Program
- Bike-to-Transit Marketing Campaign
- DuPage County Bicycle Ambassadors
- Healthy Roads Policy – Municipal Outreach Program

PROPOSED PROJECTS

- Bicycle Parking Program for Businesses
- Countywide Directional Signage for Trails
- Active Transportation for DuPage Neighborhood Resource Centers
- Bicycle Lane Expansion
- County Safe Routes to School Grant Program

CENTER FOR ACTIVE LIVING

- Improve Access to Active Transportation Especially for Families
- Work with Coalition Partners to Change Policy, Systems, and our Built Environment

www.dupageco.org/bikeways for Maps and Updates

Deborah Jan Fagan, Chief Planner And County Trail System Coordinator, Dupage County Department Of Economic Development And Planning

Contact: dfagan@dupageco.org

forward

Together We Will

forwarc
Together We Will

Jerry and Estella Hayes

forward
Together We Will

The Finishing Touches

forward
Together We Will

The Finishing Touches

THE BIGGEST LOSER

www.forwarddupage.org

Thank You!!

forward
Together We Will

DUPAGE COUNTY HEALTH DEPARTMENT
Everyone, Everywhere, Everyday

cdh CENTRAL DUPAGE HOSPITAL

WHOLE FOODS MARKET
Wheaton

FOREST PRESERVE DISTRICT
DU PAGE COUNTY

TRUE Cuisine

DuPage Medical Group
WE CARE FOR YOU