

MWTM Challenge APP

MWTM
Challenge QR

Join our end of summer movement challenge for heart health with Mayor Pineda and Healthy West Chicago! August - September

Join us by downloading our MWTM Walking Challenge App:
www.hekahealth.com/wchicago



Virtual Workout QR



Virtual Workouts

Join us Saturday morning for a free workout from the comfort of your own home!

Saturdays: 9/12 and 9/26 at 9:00 AM

Live Workouts will stream all weekend long!

Register at: healthywestchicago.org/new-events
Or scan the Virtual Workout QR Code



Remember: wear a face mask when exercising in public.

#KeepMoving Scavenger Hunt

Look for our Healthy West Chicago signs with QR code at the entrance of walking trails in West Chicago on **Saturdays in September!** Scan in to earn your extra steps and to enter our weekly raffles.

For more information on locations go to:
healthywestchicago.org/new-events



Don't forget to wash your hands frequently!

