



125 S. Prospect Ave., Elmhurst, IL 60126
(630) 279-8696 • Fax (630) 516-1364 • www.elmhurstpubliclibrary.org

NEWS RELEASE

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FOR IMMEDIATE RELEASE

Contact Information:
Rita Perona, Head of Marketing
Office: 630-279-8696
Email: Rita.Perona@elmhurst.org

Library, Park District Partner to Make 2019 a Healthy New Year

ELMHURST, IL — Together, Elmhurst Public Library and the Elmhurst Park District invite the entire Elmhurst community to seek healthier living by setting and achieving personal wellness goals. The following programs are offered during January:

A 10-Week Challenge with Courts Plus kicks off the second week in January. Sign up and get pre-measured at the Courts Plus Wellness Table in the Library Lobby on Friday, Jan. 11 from 12-2 p.m. or Saturday, Jan. 12 from 10 a.m.-12 p.m.

Over the course of ten weeks, earn “Wellness Points” by focusing on physical, nutritional, and emotional well-being. Weekly emails, challenges and events will educate, encourage, and help motivate you. The challenge focuses primarily on changing habits and reach personal wellness goals. Participants earning over 1,000 Wellness Points are entered into a drawing for prizes.

“Participating with others in a group challenge can be a fun, motivating, and effective way to get started making life changes,” says Dan Roelofs, Membership Services specialist at Courts Plus. “This challenge is for individuals ready to make some simple, healthy habit changes and would benefit from the knowledge, support, and accountability that comes from a team effort.”

Courts Plus Holiday Kick Start 30-Day Membership

Check out Courts Plus’ short-term membership package to help with your 10-

Week Wellness Challenge. Email courtsplus@epd.org or call (630) 833-5064 for more details.

Healthy Living for your Brain and Body

Looking for research-based tips on lifestyle choices that focus on diet and nutrition, exercise, cognitive activity and social engagement? This workshop, presented by the Alzheimer's Association, gives you insight on tips to keep your mind sharp and your body healthy. Friday, Jan. 18, 10:30-11:30 a.m. at The Abbey (407 St. Charles Rd., Elmhurst). Register at alz.org/illinois or call (847) 933-2413.

These programs are part of the Library's Common Connection: Health and Wellness series. Each quarter, Common Connection is a series of programs focused on one theme. For a complete list of programs, visit elmlib.org/common.

Elmhurst Public Library enriches life in Elmhurst by providing opportunities to connect, create, and explore. EPL provides the support, resources, and environment for Elmhurst patrons to: pursue a love of reading; access information; explore interests; engage with technology; connect with others; and create and innovate. Elmhurst Public Library is the place for discovery at the heart of the community.