



West Humboldt Park Wellness Events



Summer 2014
June, July, August

Cooking Classes ✨

Monthly Cooking Class
Mondays

June 30, July 28, August 25
6:00 pm - 8:00 pm

Turkey Chop

3506 W. Chicago Ave.

Join us the last Monday of the month for new recipes and skills.

What's on Your Plate Series 2
Mondays

June 2, June 9

6:00 - 8:30 pm

Turkey Chop

3506 W. Chicago Ave.

Learn more advance cooking skills in this 2 week series.

Spice It Up ✨

—Thursday

July 10, 10:00 am - 1:00 pm

Kelly Hall YMCA 824 N Hamlin

—Monday

July 14, 6:00 pm– 8:00 pm

Turkey Chop, 3506 Chicago Ave.

Spice up your meals and add color and variety to your plate.



Cooking Classes

Grocery Store Tour

Monday June 16,

Wednesday July 16 ✨

6:00 pm - 8:00 pm

Foods 4 Less

4821 W North Ave.

Cooking Matters will teach you how to shop on a budget, and choose healthy foods.

Cooking Matters Basic Series 1
Wednesday ✨

July 2, 9, 16, 23, 30 August 6

10:00 am - 12:30 pm

Kelly Hall YMCA

824 North Hamlin

Learn basic cooking skills and how to eat healthy while making tasty dishes.

Taste Around the World
Advanced Series ✨

August 13, 20, 27 Sept 3, 10, 17

Wednesday

10:00 am - 12:30 pm

Kelly Hall YMCA

824 North Hamlin

Learn advanced cooking skills and prepare foods from around the world.



Community Resource Fair

Saturday, June 7th

7:30 am to 10:30 am

Kelly Hall YMCA

824 N Hamlin

Get your groceries from the Our Lady of Angels food giveaway. Then come see free and low cost resources that are available right here in your community. There will be incentives for all and activities for the kids.



West Humboldt Park Healthy Community Initiative All Events are FREE!!!

All events are open to the public.

Contact Megan Hinchy,

WHPDC @ 773-342-0036 or

megan@whpdevelopmentcouncil.net

Free Hot Meals

Every Monday

1:00 pm - 3:00 pm

Turkey Chop

3506 W Chicago Ave.

We will be serving hot filling meals each Monday to community members in need. Join us for a free hot meal. If you would like to volunteer contact Megan at 773-342-0036.

