|--------------|--------------|---------------|------------------|
| Mindful Minute Day  
Take some time to pray, meditate, and write your thoughts in a journal.  
What did you do? | 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? | 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? | Positive Affirmation Day!  
Share a positive message or smile with a stranger or someone you know.  
What did you do? |
| Thursday 6/8/23 | Friday 6/9/23 | Saturday 6/10/23 |
| Go outside and get 30 minutes of fresh air!  
What did you do? | COME JOIN US IN THE STREATOR CITY PARK FOR COOKING & EXERCISE DEMONSTRATIONS PLUS MUCH MORE!  
NRPA FAMILY HEALTH & FITNESS DAY  
STREATOR CITY PARK  
9 A.M. - 12 P.M.  
*IN CASE OF INCLEMENT WEATHER, WE WILL MOVE TO THE STREATOR BUSINESS INCUBATOR. |

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.

**Sign UP!**

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**Live Well Streator**

**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!

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**Better Choices**

**Healthier Lives**

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**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.*