

W^{HEALTHY}arrenville

Get healthy! Walk and run! Bike and kayak! Exercise!
Have fun! Garden and cook! Enjoy family and friends!

Guided Walks



Gazebo – located across the street from City Hall and the Library, next to the Prairie Path

Mondays – April 23, 30; May 7; June 11, 18, 25; July 2, 9, 16, 23, 30; August 6, 13, 20, 27; September 10, 17, 24, 9am – WALK WITH THE DOCS Walks led by Doctors Jamie & Jared Thomure. For all ages. Families with children welcome; strollers welcome. Walk at your pace.
Meet at Gazebo

Second Thursdays - May 1, June 14, July 12, August 9 12noon- 1pm -WARRENVILLE COMMUNITY WALK led by Warrenville Park District staff.
Open to everyone. Meet at Gazebo.

Saturday/Sundays – WALK IN THE WOODS
Walks in DuPage County Forest Preserves led by Jim Kleinwachter of The Conservation Foundation.

Sunday, May 13, 1pm, Blackwell Cenacle, park at Post Office; Saturday, June 23, 10am, St. James Farm, meet at Parking Lot; Sunday, September 30, 4pm, McDowell Preserve. Meet at Parking Lot.

Bike Rides



Second Saturdays – May 12, June 9, July 14 8am RIDE WITH THE MAYOR Bicycle rides led by Mayor David Brummel, meet at Gazebo. Great opportunity for biking exercise while getting to know your mayor.

SATURDAY, May 19, 9am-12pm BIKE RODEO front of City Hall. See Park District website.

Unplug Day of Play Free Event

Saturday – July 14, 9-12pm – UNPLUG WARRENVILLE, Summerlakes Park FREE day of play for Warrenville residents to “unplug” and have fun with Park District program demos, games, and other activities. Snacks provided.

Kayaking for Exercise

KAYAKING ADVENTURES on DuPage and Fox Rivers, basic classes at Herrick Lake, varied dates from May through August. Check the Park District Summer Program book or website for details.

Mayor's Fitness Challenge starts May 7

Be inspired and motivated to join Mayor David Brummel in some type of physical activity, and encourage your family, friends and neighbors to do the same. The goal is to log 150 minutes of activity of your choice each week for 12 weeks and post on the City's web page at www.warrenville.il.us, choose Government > Mayor > Mayor's Fitness Challenge.

Those who log 1,800 minutes or more receive a limited edition t-shirt. Runs May 7 to July 29. Registration starts April 16. Join Ride with the Mayor on May 12, June 9, and July 14. See the Bike Rides events.





Park District Classes for Small Fees

Check the Program Book for details, many more classes, sports leagues, and events, plus all the exercise opportunities of Fitness Now.

Registration for all classes required one week prior to class date. Register at the website www.warrenvilleparks.org, call 630-393-7279, or stop at the office.

Fees as \$10/\$20: Note the first figure is the cost to Warrenville residents, the second figure for non-residents.

Food Health

Wednesday Series – May 9, 16, 23, 30, 4 sessions 6:30-8 pm – VIBRANT HEALTH OVER 40, Rec Center Prime time health workshop. Learn how to add years to your life & life to your years. Knowing foods to avoid, and the right foods to eat. \$55/\$65

Sundays – May 13, August 12, 2-3pm EAT YOUR VEGIES, Ages 10+, WCB Activity Room Health benefits, when to grow, try a new veggie, get recipes. Take home a vegetable seedling. Adults welcome. \$10/\$20 per session

Wednesdays – June 20, July 18, August 22 6:30-7:45pm – SUMMERTIME COOKOUT, Plum Path Park Enjoy beautiful scenery and a meal under 700 calories. Most ingredients from the new Warrenville Learning Garden. Learn a new recipe. \$10/\$20 per session.

Gardening

Thursdays, May 17, July 19, 6-7pm HERB GARDENING, Rec Center Growing herbs, add flavor to meals and save money. Plant an herb to take home. \$20/\$30 per session.

Friday Series -- June 8, 15, 22, 29, 4 sessions, 6-7pm, GARDEN KIDS SERIES 1, ages 6-12, WCB Activity Room. First program hosted at new Warrenville Park District Learning Garden.

All aspects of gardening: soil, planting, watering, harvesting, and healthy eating. Try new vegetables. Make some crafts. \$10/\$20

Wednesday Series - August 8, 15, 22, 29, 4 sessions, 6-7pm – GARDEN KIDS SERIES 2 Ages 6-12, WCB Activity Room. \$10/\$20

Special Events

Saturday, June 16, 12-1:30pm – FAMILY FITNESS CHALLENGE Groups of 4 people compete in time trial style games that include running, throwing, coordination, strategy. \$20 per team

Wednesday, July 4, varied start times 8-9:45am FIRECRACKER 5K and SPARKLER 1-MILER, All Ages, start at Rec Center Run/walk. Involve the whole family. Costume contests. Dash, \$5; Sparkler, \$15; 5K Race, \$30 before 6/15, \$40 after 6/15

Saturday, September 29, 3-6pm – WILDERNESS ADVENTURE RACE, Ages 6-14, Summerlakes Park Race around nature-based obstacle course. Tests athleticism. Dress for the weather and have shoes that can get wet. \$30/\$35

Community Garden Plots Available

COMMUNITY GARDEN - Immanuel Presbyterian Church has 15 available plots open to Warrenville residents. Grow you own vegetables. For information, contact Renae at 630-632-3897.



www.healthy.warrenville.info

Visit the website & sign up for email news/updates

Join the Healthy Warrenville group on Facebook

Direct contact: healthywarrenville@gmail.com or 630-293-4920