# Communal Solutions to Systemic Problems

Sara Phalen, ED People Made Visible Healthy West Chicago

## West Chicago

Historically diverse community

Latinos: 53% population, 80% school district stude





## People Made Visible

People Made Visible provides support to individuals and organizations that seek to grow community in West Chicago.

Community Led, Artist Incubator



## Healthy West Chicago

#### Community Collective

- · People Made Visible
- · Mexican Cultural Center
- · American Heart Association
- · West Chicago Community High School District 94
- · West Chicago Public Library District
- · Western DuPage Chamber of Commerce
- · Community Member at Large

- · Northwestern Medicine
- · City of West Chicago
- · Educare of Western DuPage
- · WeGo Together for Kids
- · West Chicago Elementary School District 33
- DuPage County Health Department
- · West Chicago Park District



#### **Initiatives**

- Virtual Cook Along Cooking Classes with Food Kits
- In-Person Nutrition Cooking Demos with Food Kits
- Virtual Nutrition Demos
- Grocery Gift Cards
- In-Person Kids Cooking Clubs
- Virtual Family Cooking Classes
- Rethink Your Drink Education
- · Community Garden Build
- . Flu Shot Clinics
- COVID-19 Vaccine Clinic
- Blood Pressure Clinic
- Food Distribution Assistance
- In-Person Yoga Classes
- In-Person Zumba Classes
- . In-Person & Virtual 5K
- Wellness Challenge App
- D33 Wellness Nights
- Sensory Walks
- Walks Through History
- Alebrijes Scavenger Hunt
- · 5k Fun Run
- · 1 Mile Youth Run

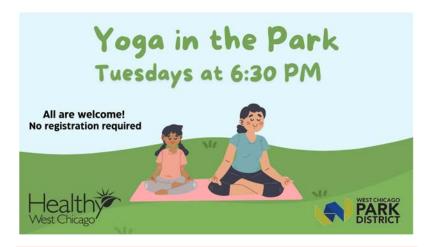
# Leveraging Partnerships/Fillings Gaps







## Accessible (Health) Programs











### Seed Paper Workshop

Saturday, April 9th drop in event 10:30am-1:30pm @Gallery 200 103 W. Washington Street

2022 Milkweed Project Sponsored by People Made Visible
Monarch Lifecycle Art by Chris Hodge

