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 students
People Made Visible

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

Community Led, Artist Incubator

WANNA GO FOR A WALK? ¿quieres ir a dar un paseo?
A series of public walks around West Chicago with artist & educator
Austin McCann

Presented by People Made Visible & Healthy West Chicago
For more info, contact amccann@proton.me

Walking is connection poetry awareness belonging participation health art balance life

Saturdays @ 10am from Sep 10–Nov 5
Starting from Gallery 200 (103 W Washington St) in West Chicago
FREE & OPEN TO EVERYONE!
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
- Alebriges Scavenger Hunt
- 5k Fun Run
- 1 Mile Youth Run

Making The Healthy Choice, The Easy Choice
Leveraging Partnerships/Fillings Gaps
Accessible (Health) Programs

Yoga in the Park
Tuesdays at 6:30 PM

All are welcome!
No registration required

Healthy West Chicago

GRATIS
OCTUBRE 2022 - MAYO 2023

FAMILIAR
Noche de Bienestar

3er jueves del mes

10/20/22 de 6-7 pm
Gary Elementary (Yoga)
Receta: Pancakes de Calabaza

11/17/22 de 6-7 pm
Indian Knoll Elementary (Zumba)
Receta: Spaghetti con Marinara y Calabacin
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