

The Bridges to Wellness Network brings together key stakeholders in East Chicago in order to improve the health and wellness of the adult (45+) community and increase the number of informed and knowledgeable community members to maintain a healthy lifestyle.

The two key components of the program are **healthy eating** and **active living**. The major focus is education on the values of good nutrition, physical activity and smoke-free living. The Providers are striving to offer more opportunities for those adults, 45+, to:

- Learn how to cook nutritious meals
- Adapt favorite recipes
- Increase physical activity
- Reduce obesity
- Reduce tobacco use
- Self-manage chronic disease.

The BTW Network not only affects direct health, but also addresses the broader social determinants of health and systemic barriers to health and wellness programs in our community.

BTW NETWORK PROVIDERS

Catholic Charities

3901 Fir Street, East Chicago, IN 46312

East Chicago Parks & Recreation

1615 East 142nd Street, East Chicago, IN 46312

Healthy East Chicago

100 W. Chicago Ave, East Chicago, IN 46312

HealthVisions Midwest

3700 179th Street, Hammond, IN 46323

Salvation Army

513 West Chicago Ave, East Chicago IN 46312

St. Catherine Hospital

4321 Fir Street, East Chicago, IN 46312

**Interested in becoming a
Partner with BTW Network?
Call: 219-844-2698**

Funded by:



Sponsored by the Poor Handmaids of Jesus Christ.



**BRIDGES TO
WELLNESS
NETWORK**

Your connection to a healthier you.

Healthy Eating



Active Living



BRIDGES TO WELLNESS PROVIDER PROGRAMS AVAILABLE TO YOU

Catholic Charities

- Healthy Cooking Classes
- Diabetes Education Classes
- Nutrition Counseling
- Food Pantry
- Public Computer Lab

East Chicago Parks & Recreation

- Walking & Bike Trails
- Meals on Wheels
- Community Center Programs
- We Care from the Heart
- Senior Fitness Program

Healthy East Chicago

- “Quit Smoking” Classes
- Diabetes Empowerment Education Program
- Community Fitness Center
- Health Education Workshops

HealthVisions Midwest

- HEAL (Healthy Eating/Active Living)
- TOMANDO (Healthy Eating)
- Matter of Balance
- Stepping Strong

Salvation Army

- Praise Christian (dance)
- Computer Lab
- Zumba
- Feeding & Food Pantry
- Learn English Classes
- Indoor Walking Facility

St. Catherine Hospital

- Health Awareness and Outreach Events
- Counseling (Bilingual)
- Senior Women’s Group
- Silver Sneakers & Well Walkers

For more information call BTWN at 219-237-WELL or call 219-844-2698 ext. 102 .