



Healthy Eating | Active living | Reduce stress | Test your numbers



ATTENTION GARY, EAST CHICAGO, AND HAMMOND RESIDENTS!



August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ESBA Class EC Main Library 10am-11am	3 ESBA Class EC Main Library 1pm-2pm STH 1pm-2pm Brother's Keeper Zoom Class 6:30pm-7:30pm	4 East Chicago Salvation Army 10am-11am Hammond Sportsplex 12pm-1pm (All Spanish Classes)	5 Spanish Zoom Class 9am-10am Village of Hope 1pm-2pm ESBA Class EC Main Library 3pm-4pm	6	7
8	9 ESBA Class EC Main Library 10am-11am	10 ESBA Class EC Main Library 1pm-2pm STH 1pm-2pm Brother's Keeper Zoom Class 6:30pm-7:30pm	11 East Chicago Salvation Army 10am-11am Hammond Sportsplex 12pm-1pm (All Spanish Classes)	12 Spanish Zoom Class 9am-10am Village of Hope 1pm-2pm ESBA Class EC Main Library 3pm-4pm	13	14
15	16 ESBA Class EC Main Library 10am-11am	17 ESBA Class EC Main Library 1pm-2pm STH 1pm-2pm Brother's Keeper Zoom Class 6:30pm-7:30pm	18 East Chicago Salvation Army 10am-11am Hammond Sportsplex 12pm-1pm (All Spanish Classes)	19 Spanish Zoom Class 9am-10am Village of Hope 1pm-2pm ESBA Class EC Main Library 3pm-4pm	20	21
22	23 ESBA Class EC Main Library 10am-11am	24 ESBA Class EC Main Library 1pm-2pm STH 1pm-2pm Brother's Keeper Zoom Class 6:30pm-7:30pm	25 East Chicago Salvation Army 10am-11am Hammond Sportsplex 12pm-1pm (All Spanish Classes)	26 Spanish Zoom Class 9am-10am Village of Hope 1pm-2pm ESBA Class EC Main Library 3pm-4pm	27	28
29	30 ESBA Class EC Main Library 10am-11am	31 ESBA Class EC Main Library 1pm-2pm STH 1pm-2pm Brother's Keeper Zoom Class 6:30pm-7:30pm	1 East Chicago Salvation Army 10am-11am Hammond Sportsplex 12pm-1pm (All Spanish Classes)	2 Spanish Zoom Class 9am-10am Village of Hope 1pm-2pm ESBA Class EC Main Library 3pm-4pm	3	4

JOIN OUR WALKING GROUPS EVERY MONDAY, TUESDAY, AND THURSDAY AT 9:30 AM
Joseph L Block Middle School Track (Behind East Chicago Main Library)

