



Healthy Minds Healthy Bodies: In cooperation with the Bartlett, Buffalo Grove, Mt. Prospect, Palatine, Rolling Meadows, and Streamwood Park Districts, NWSRA offers free or low cost monthly networking events as a part of the Healthy Bodies Healthy Minds program for injured military veterans. Below are the monthly networking events that are offered throughout the Winter/Spring 2021. Please RSVP a week in advance. Registration is on the day of the event.

Please RSVP to Jordan Ross at 847/392-2848, ext. 230 or E-mail jordan@nwsra.org.



Activity Heart Health for Vets #842

Location Zoom (Check email for link to register)

Date Thursday, February 25th
Time 6:30 – 8:00 pm
Fee FREE for Veterans, FREE for each guest
Note We have Dr. Gregory as the guest speaker. He is a dynamic interactive (even via zoom!) instructor and educator! He has also been a guest instructor with us in the HMHB workshop in the past years.

Activity Weekday Workout #843

Location Zoom (RSVP for the link)

Date Thursday, March 25th
Time 6:30pm – 7:15 pm
Fee FREE for Veterans, FREE for each guest
Note Come get your body moving with a workout from a fitness expert. You will break a sweat while still having fun!

Activity Vet Doc #844

Location Zoom (RSVP for the link)

Date Saturday, April 24th
Time 12:00pm-2:00pm
Fee FREE for Veterans, FREE for each guest
Note Join us for a showing of "Crisis Hotline: Veterans Press 1". It is a wonderful documentary about the workers at the Veterans Crisis Hotline. You won't want to miss it!

