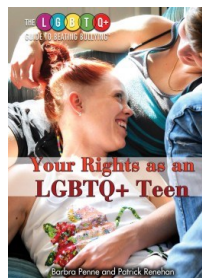
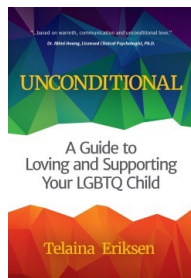


# Health & Wellness News and Opportunities

## Children's Health Resource Centers

Visit the Advocate Children's Hospital [Children's Health Resource Centers](#) website to find trusted Health Information - perfect for Parents, Teens, and Kids. Explore the many digital resources to find diverse topics. Looking for Health Information in other Languages? Click here: [Resources in Other Languages](#). Want to read on your smartphone or home computer? Click on these titles from the free eBook Library:



Register to use the [eBooks](#) Library. It offers an extensive collection on a variety of health topics! Need help finding more children's health information? Please [contact](#): Carolyn McCormick BSN RN MEd, Phone: 708.684.3225, or Kathy Smart MS RN CRRN, Phone: 847.723.9484.

## Sibshops

Founded in 1990, the [Sibling Support Project](#) is the first national program dedicated to the life-long and ever-changing concerns of millions of brothers and sisters of people with special health, developmental, and mental health concerns.

The Sibshop program provides a peer support group for school-age kids who have a sibling with special needs. There are more than 400 Sibshops across the world, including those at [Advocate Children's Hospital](#), [Advocate Illinois Masonic Hospital](#) and at [sites in Wisconsin](#).

## Advocate Lutheran General Hospital's South Asian Cardiovascular Center

The South Asian Cardiovascular Center at Advocate Lutheran General Hospital is the first center of its kind in the Midwest designed to serve the South Asian community through a unique combination of community outreach, culturally sensitive advanced clinical services, and research. The Center has released a [25-video series](#) that provides heart healthy recipes and encourages sound lifestyle choices. [See details of the Center's medical services.](#)

## Stroke Risk Assessment

Up to 80 percent of strokes are preventable, and many of the risk factors are controllable. Take Advocate Aurora Health's online [Stroke Risk Assessment](#) to estimate your chance of experiencing one and learn about the ways you could minimize it.

# Integrative Health Coaching

## Available through Aurora Integrative Medicine, Milwaukee

Participants work one-on-one with a licensed Integrative Health Coach to achieve their health goals. This personalized program can help participants live a healthier life, improve a chronic condition, get a better night's sleep, find ways to relieve stress and make different food choices. See [details](#).

## Medicare 101 Classes

Advocate Aurora Health is offering free seminars ideal for those turning 65 within 6 months; individuals over 65 who are still working and considering retirement, and friends and family members who assist with Medicare decisions. These 60-minute presentations are free of charge and are offered at Advocate sites around the region. To reserve a seat, click [here](#) or call 1.800.3.Advocate (1.800.323.8622).

## LifeSource

When you donate blood you support three lives. LifeSource is a great partner for blood drives. They will come out to your congregation at no cost to you with all the equipment and supplies. All you need to do is promote it and get people there. They prefer to have at least 25 people. For more information, contact Suzanne Hammer at 847-224-9203 or [shammer@itxm.org](mailto:shammer@itxm.org) and she will get the ball rolling.

## CDC Update/Outbreak of Lung Illness Associated with Using E-cigarette Products

As of Oct. 1, 2019, 1,080 lung injury cases associated with using e-cigarette or vaping products have been reported to CDC from 48 states and one U.S. territory. At this time, 16% of those patients are under 18 years old. Learn more about the [key facts for e-cigarette or vaping products and what CDC recommends](#).

## Raising Awareness of Diabetes Prevention in Communities - research study

This is an opportunity to take part in a training program to help you learn about and raise awareness of diabetes prevention in communities. The research is evaluating the effectiveness of the training program. Participants must be:

- A community member focused on health related outreach and awareness
- Adult (18-65 years old)
- Female
- Of African American/Black/African ancestry

Getting less than 150 minutes of weekly physical activity or overweight

Study location is UIC College of Nursing. Participants receive the following for taking part in the study: Program materials and up to \$150 for completing full pre- and post-program evaluation. Please call Dr. Laurie Quinn at 312-996-7906 for more information. [Download the flyer](#).