WARREN PARK
COMMUNITY WELLNESS FAIR

MOVE • EXPLORE • CREATE • CONNECT

SUNDAY, AUGUST 30

10:00 AM – 1:30 PM

FREE • OPEN TO ALL AGES

Presented by the
Warren Park Advisory Council

Join us for a morning of wellness, nature, creativity, and community in beautiful Warren Park.



MOVE

WELLNESS DEMONSTRATIONS

- Tai Chi
- Yoga
- Somatic Dance and Movement



EXPLORE

MINDFULNESS TREE WALK & SCAVENGER HUNT

Take a guided walk through Warren Park while learning about the park's history and trees. Enjoy a fun scavenger hunt along the way!



CREATE

DREAM VESSEL. MEMORY PIECE

Create a meaningful dream vessel or memory piece using natural materials and personal inspiration.



CONNECT

ENJOY SHORT FILMS

Enjoy short films celebrating the people, places and stories of the West Ridge community and meet the filmmaker.

Everyone is welcome!

Bring your family, friends, and neighbors to experience a morning of movement, discovery, creativity, and connection.

WARREN PARK
6601 N. Western Avenue
Chicago, IL 60645

Together we can build a healthier, stronger community.

Scan for event details, schedule, and donation information.

Donations help support future programs and improvements in Warren Park. Thank you for your support!

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