

# THANK YOU TO OUR SPONSORS



Join  
**FORWARD**  
to  
Get in the  
**ACTION**  
at the  
*DuPage County Fair*

July 25, 2018  
10am-4pm

# Get in the **ACTION**

## SCHEDULE OF EVENTS

### Healthy Bingo

Where: Outside Building 1

When: 10am-2pm

Activity: Come play a game of active "healthy bingo" for all ages to move together and have fun.

### Soccer/Football/La Crosse/Nerf Battles

Where: North End of Fairgrounds

When: 10am-3pm

Activity: Fun for kids of all ages! Join the Wheaton Park District for exciting teaching skills and drills throughout the day.

- ⇒ 10:00am Nerf Battles
- ⇒ 11:00am LaCrosse Clinic
- ⇒ 12:00pm Nerf Battles
- ⇒ 1:00pm Soccer Clinic
- ⇒ 2:00pm Flag Football Clinic

### Cooking Demonstration

Where: Building 1

When: 10am-12pm

Activity: Join us for a culinary experience. Chef/Instructor Chris Thielman from the College of DuPage will teach everyone how to prepare delicious and healthy recipes.

- ⇒ 10:00am Low Fat Chicken Quesadillas
- ⇒ 10:30am Kale Salad
- ⇒ 11:00am Low Fat Chicken Quesadillas
- ⇒ 11:30am Kale Salad

### Access DuPage

Where: Building 1

When: 10am-4pm

Activity: Drop in for fun movement activities and games.

### B.R. Ryall YMCA

Where: Building 1

When: 10am-2pm

Activity: DRUM TO THE BEAT! This calorie burning stability drumming workout, set to hit music, will bring out your inner drummer as you pound out stress and excess energy.

### Bull Sox Academy

Where: Building 1

When: 10am-2pm

Activity: Take a few swings at the portable hitting net, learn about their programs and see what giveaways you can win!

### Conservation Foundation

Where: Outside by Butterfly Garden

When: 10am-4pm

Activity: Learn about how being in nature helps us to be healthy in mind and body and how we can help keep nature healthy too!

### Exergame Reax Lights

Where: Building 1

When: 10am-4pm

Activity: Experience interactive fitness. Engage with this reaction training and programming and raise your heart rate while having fun.

### Hamdard Center

Where: Outside by Butterfly Garden

When: 10am-4pm

Activity: Drop in to learn about healthy eating and exercise through completing different obstacles and speed challenges.

### Label Reading with Juice Plus

Where: Building 1

When: 10am-4pm

Activity: Children can play interactive games to learn about nutrition. Come learn how your family can grow your own vegetables 12 months out of the year.

### Path of Life

Where: Building 1

When: Station (10am-4pm); Food Demo (1pm-3pm)

Activity: Visit us for some fun games and cool prizes. Join Culinary R&D Chef Damien Eftekhar as he teaches everyone to prepare quick, healthy and kid-approved lunch ideas using Path of Life Frozen Quinoa Blends!

- ⇒ 1:00pm Quinoa Kale & Turkey Pinwheels
- ⇒ 1:30pm Mini Southwest Quinoa Taco Cups
- ⇒ 2:00pm Quinoa Kale & Turkey Pinwheels
- ⇒ 2:30pm Mini Southwest Quinoa Taco Cups

### Seven Generations Ahead

Where: Outside by Butterfly Garden

When: 10am-4pm

Activity: Come play in the dirt and plant seedlings! Kids explore how fun (and healthy) it is to grow your own tasty veggies, and parents can learn about different farm to school programming and nutrition education for Illinois students.

## WHAT IS FORWARD?

FORWARD is a coalition of partners dedicated to reversing the obesity trend in DuPage County by educating children and families about the importance of eating healthy and being physically active. Together, we will help residents live a happier and healthier, life.