

# FORWARD DuPage Webinar Series

In response to the COVID-19 pandemic and the increasing rates of stress and chronic diseases associated with overweight and obesity, FORWARD DuPage recommends your first line of defense is to maintain a healthy lifestyle with a strong immune system.

We are here to support you! FORWARD is offering FREE webinars two times each month to help you strengthen your immune system by helping you to learn and improve healthy lifestyle practices in nutrition, sleep, stress reduction, and physical activity. These proven best practices are for all residents, including specific tools for students, families, teachers, and community leaders. Click [here](#) for resources.

We invite you to join our live upcoming webinars here:



## **Benedictine** University

### **Paving the Road to Health Equity: Ending Weight-Based Discrimination**

Tuesday, July 27 @ 11:30am

All people, regardless of body size, deserve respect AND to live free from stigma and discrimination. Learn how body weight cannot always be controlled by diet and physical activity. Understand other factors impacting this complex health issue that are not so easily controlled. Join FORWARD DuPage and our partner, Benedictine University, as students from the Department of Public Health discuss weight bias.

#### Session objectives:

- Learn how weight-based assumptions, recommendations, and health promotion can have adverse health consequences.
- Critique health-related practices and programs that support or perpetuate weight-bias (even if unintentionally).
- Discuss recommendations for and examples of weight-inclusive health promotion.

Click [here](#) to register for FREE.

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You can catch up on any webinars you may have missed (replays of past sessions available below).



*Jane MacDonald*  
*Loaves & Fishes*

### **Food Insecurity: Why It's Everyone's Problem**

Food insecurity is a complex social issue that affects everyone. Join FORWARD DuPage and our partner, Jane MacDonald, from Loaves & Fishes Community Services as we discuss this important topic.

Session objectives:

- Recognize the factors that play into food insecurity
- Identify circumstances involved with this complex social issue
- Understand the resources that can support sustainable solutions and how you can help

- Video Recording

- Slide Deck

- From Food Insecurity to Food Equity: A Roadmap to End Hunger in Illinois

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*Dr. Chris Lineberry*  
*Core Purpose Consulting*

### **Physical Activity: Achieving Health and Wellness**

Regular physical activity is one of the most important things you can do for your health. Join Dr. Lineberry the Co-Founder of Core Purpose Consulting and the Principal at Apache Junction High School in Arizona, to learn how he uses exercise to maintain his health and in his personal journey from sickness to optimal health.

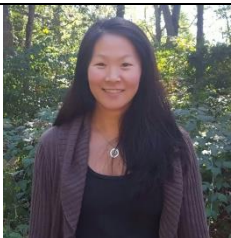
In this webinar participants will:

- Recognize the positive effects of physical activity on brain function.
- Develop strategies to motivate yourself and loved ones to lead a healthier life.
- Implement a plan to keep yourself accountable and reach your wellness goals.

- Video Recording

- Slide Deck

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*Jeannie Iseman*  
*The GardenWorks Project*

### **Benefits of Gardening: How to Cultivate Your Health Naturally**

Gardening offers a wide range of positive health benefits and increases our quality of life and satisfaction. Join Jeannie Iseman, Executive Director of The GardenWorks Project, to learn why your health and well-being will benefit from time well spent in the garden and growing food for yourself.

In this webinar participants will:

- Gain an understanding of the positive effects and benefits of gardening on our physical and mental health.
- Understand how to start a simple vegetable garden with ease.
- Learn how to grow food for others and how gardening can positively impact our community.

- Video Recording

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*Bill Casey*  
*Neuqua Valley High School*

**Moving with Your Emotions: The Relationship Between Physical Activity & Emotional Health**  
**Tuesday, March 30 @ 11:30am CT**

Join one of FORWARD DuPage's Board of Directors and expert, Bill Casey, with over 30 years of experience to learn how he has successfully incorporated Social Emotional Learning (SEL) with physical education. Bill will share real life examples of how he has addressed emotional health struggles at a young age to help establish an emotionally strong foundation.

In this session participants will learn:

- How to maintain and incorporate emotional health into your overall wellness plan.
- The importance of and opportunities for integrating SEL into academic lessons all year long.
- How to address the emotional health struggles of young children in order to set a strong foundation for their lifetime.

- Video Recording

- Slide Deck

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*Nayaab Sattar, MPH, CHES*  
*University of Illinois Extension*

**Hungry?? How Food Insecurity Impacts All of Us**

COVID-19 shed a light on how any one of us at any time could face food insecurity and the barriers to eating healthy. These barriers can create diet-related chronic disease. A shift toward healthier foods and beverages is key in affecting food insecurity. Join FORWARD DuPage and our partner, Nayaab Sattar, from the University of Illinois Extension as we discuss this important topic.

Session objectives:

- Define food insecurity.
- Identify reliable sources of information to understand food insecurity.
- Explain the relationship between food insecurity and health.
- Identify how changes to the environment can influence food selection.

- Video Recording

- Slide Deck

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*Brianna Sommer*  
MS, RDN, LDN

**Get Rid of Your Bloat: How to Reduce Inflammation & Prevent Disease Naturally**

A poor diet can put your body at risk for acute and chronic diseases caused by inflammation. Come hear from Brianna Sommer, a Registered Dietitian and Nutritionist, and learn how to naturally reduce chronic inflammation and improve your overall health.

In this webinar participants will:

- Discover foods that contribute to higher inflammation.
- Explore health promoting foods that lead to better health and reduce inflammation.
- Learn about the correlation between inflammation and disease.

- Video Recording

- Slide Deck

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*Aishwarya Balakrishna, MPH*



*Janki Patel, MPH(c)*



*Christopher MacKoul, MPH(c)*

**New Year, New You: A Whole-Body Approach to Health**

**Tuesday, January 26 @ 11:30am**

With a new year comes new beginnings, a new mindset, new focus, and a new opportunity to improve your immune system. The Whole-Body Approach aims to encourage individuals to shift their ideas of health away from calculated ideas of food, physical activity, and bodies and towards mindfulness, intuitive eating, enjoyable movement, and body acceptance.

In this webinar you will learn how to:

- Set realistic wellness goals.
- Discover new ways to develop a healthy relationship with food.
- Identify ways you can enjoy physical activity without having to 'exercise' or break your daily routine.
- Navigate social cues so they do not lead to unhealthy eating behaviors.
- Enjoy our lives as we move towards overall health and stop focusing on weight loss.

- Video Recording

- Slide Deck



*Stephanie Hurwitz – Test Kitchen & Office Manager*

ChopChop Family

### **The Benefits of Cooking and Eating Together as a Family**

**Tuesday, January 12 @ 11:30am**

Sunday Supper was once an opportunity after a hectic week for families to slow down, enjoy a meal together and share stories about their week. Join FORWARD DuPage as Stephanie Hurwitz, from ChopChop Magazine, discusses the many benefits of cooking and eating together as a family, any night of the week.

Participants will:

- Learn about the benefits of teaching children how to cook.
- Help improve a child's self-esteem by teaching them new kitchen skills.
- Be encouraged to build better eating habits by cooking together as a family.

- Video Recording

- Slide Deck

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*Ann Marchetti – Consulting Director*

FORWARD DuPage

### **The Merging of Two Pandemics: Why Obesity Increases the Risks of COVID-19**

As we battle the Coronavirus, we should not forget the other pandemic. Obesity, a silent killer, puts those with COVID-19 at a higher risk for death.

In this webinar participants will:

- Understand the correlation between obesity and the severity of COVID-19.
- Learn how to start the obesity conversation to improve your health and the health of your loved ones.
- Explore tools and resources to start a healthier lifestyle today.

- Video Recording

- Slide Deck

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*Barbara Taylor – Early Childhood Healthy Lifestyle Expert*

FORWARD DuPage

## Celebrate Healthy: Re-Designing Holiday Choices that Fight Off COVID-19

FORWARD recommends celebrating the holidays with healthier food options and fun and engaging physical activities, all of which help build a healthy immune system and help fight off a COVID-19 infection.

In this webinar participants will:

- Understand the connection between celebrating healthy, building a healthy immune system, and fighting both COVID-19 and obesity.
- Explore the power of food in holiday celebrations.
- Learn a number of tips to manage food intake.
- Commit to make changes to celebrate in a healthier way.

- Video Recording

- Slide Deck

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Lynn Dugan, MS, RDN  
MyPlate2Yours, LLC

### Kids CAN Cook: Lunch and So Much More

When kids cook, they learn life skills, practice math and science, and have fun too! Lynn Dugan, Registered Dietitian and Chef, invites you and your kids to cook with her. She will show us how to make yummy Bean and Cheese Quesadillas. Only four ingredients are needed for this deliciously easy recipe: 1/2 cup canned pinto beans, 1/2 cup shredded cheese, 2 whole grain tortillas and 1/2 cup salsa. And only 3 pieces of equipment: an oven, baking sheet, and mixing bowl. At the end of the session, your child will have a delicious lunch ready for two and the confidence that kids can cook lunch and so much more! You can learn more about Lynn at [www.myplate2yours.com](http://www.myplate2yours.com).

- Video Recording

- Slide Deck

- Kids CAN Cook Recipe

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Diane Chapeta – Program Manager  
Illinois Farm to School Network

### Cook It, Preserve It, and Share It

Hear from Diane Chapeta again and learn as she shares useful resources for preserving food, seasonal recipes, and programs to build your connection to local food. Whether you work in a school setting or you are a home cook, we can help you begin your local food journey and share local food know-how with your kids and family.

- Video Recording

- Slide Deck



*Diane Chapeta – Program Manager*  
Illinois Farm to School Network

### **You Are What You Eat: Why Buy Local?**

Buying locally sourced food can be your direct link to better health. Join us as Diane Chapeta, of the Illinois Farm to School Network, discusses the many benefits of locally grown food and the hard-working people behind that tasty tomato and perfect pumpkin. She will share sure-fire ways to identify local sources near your community along with tasty tidbits about local food history in the region.

By the end of the webinar, participants will learn:

- The history behind locally sourcing food.
- The benefits of locally sourced food.
- The link between local foods and good health.
- Where to find locally sourced food in your community.

- [Video Recording](#)

- [Slide Deck](#)

- [Seasonal Fruits & Vegetables Calendar](#)

- [Illinois Fruits & Vegetables Seasonality Chart](#)



*William Russell – Program Director*  
The Daily Mile

### **Children Fit for Life - The Daily Mile**

Hear William Russell, Program Director for The Daily Mile USA. He will introduce a free program that focuses on the whole child model which works toward improving all children in multiple areas. The intervention aims to boost the physical and mental health of every child.

By the end of the webinar, participants will learn detailed information about the benefits of The Daily Mile. The overall goal is for every elementary school in the United States to experience success with the program.

- [Video Recording](#)

- [Slide Deck](#)

- [21-Day Tracker](#)

- [My Daily Mile Journal of Joy](#)

- [My Daily Mile Journal of Joy \(Spanish\)](#)





*Ashley Green – Program Manager  
Action for Healthy Kids*



*Ali Armacost – Program & Field Coordinator  
Action for Healthy Kids*

### **Breathe with Me: Mindfulness for Emotion Regulation**

Learn from Ashley Green and Ali Armacost on how to begin the process of mindfulness practices. She will help us to slow down and reflect on how we feel, both physically and emotionally, and better understand the world around us. Whether practicing at home, through distance learning or in the classroom, this one is designed specifically for kids! Take part alongside your children/students or have them practice on their own and discover a few simple tools to help better manage emotions and build relationships with others.

- [Video Recording](#) (webinar)
- [Video Recording](#) (with animation exercises)
- [Slide Deck](#) (with printable toolbox)

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### **Move with Me: Mindfulness for Energy & Expression**

Hear again from Ashley Green and Ali Armacost on how mindfulness practices help us to slow down and reflect on how we feel, both physically and emotionally, and better understand the world around us. When paired with movement, we can use these exercises to express how we feel and refuel for the day ahead!

Whether practicing at home, through distance learning or in the classroom - this one is designed specifically for kids! Join in alongside your children/students or have them practice on their own and discover a few simple tools to help use mindful movement to reflect, re-energize, and reset.

- [Video Recording](#)
- [Slide Deck](#) (with printable toolbox)



*Gary Cuneen – Founder/Executive Director  
Seven Generations Ahead*



*Phillipa Norman, MD, MPH  
Holistic Wellness Center*

### **Supporting a Healthy Brain: Maintaining the Homeostasis, Science & Practice**

Gary Cuneen has served as a FORWARD DuPage Board of Director for 8 years. Please join us to hear from him and holistic physician and nutrition consultant, Dr. Philippa Norman on the science of diet and brain health. During this webinar you will learn:

- An understanding of what foods support a healthy immune system during this time of COVID-19.
- How to increase immune boosting components in your daily diet.
- Foods that improve gut microbiome (and which disrupt).
- How a healthy diet impacts brain function and protects it from stress and disease.
- Simple, easy-to-make, healthy cooking recipes on a budget using fresh, local ingredients.



NOTE: The audio on the recording during the showing of embedded videos is not the best quality. Please note the link to each embedded video is located at the bottom left of the slide in the slide deck. You may click on each link to hear high quality sound. We apologize for this inconvenience.

- [Video Recording](#)

- [Slide Deck](#)

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*Deepa Handu, PhD, RD, LDN – Senior Scientific Director  
Academy of Nutrition and Dietetics*

### **Preparing Your Body to Fight Illness: Nutrition as a First Line of Defense**

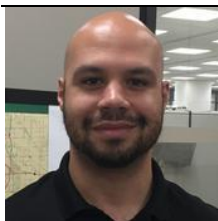
Dr. Deepa Handu has served as a FORWARD DuPage Board of Director for 11 years. Please join us to hear from her on how to prepare your body's immune system through good nutrition. During this webinar you will learn about:

- The relationship between nutrition and infectious diseases.
- Factors that weaken the body's ability to fight infection.
- Balanced nutrition which is the key element in preparing your body to fight illness.

- [Video Recording](#)

- [Slide Deck](#)

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*Sidney Kenyon – Senior Transportation Planner  
DuPage County Division of Transportation*

### **Tour DuPage: Rails, Trails, and Wellness**

Sid has served as an active transportation advocate on FORWARD's Board of Directors for nearly four years, and now he will teach the value of DuPage's active transportation amenities. In this webinar you will:

- Learn about the role that active transportation and exposure to nature play in health and wellness.
- Learn about the value and history of DuPage's trails network.
- Tour some of the most fulfilling stretches of trail in DuPage.
- Learn how you can make active transportation a prominent part of your life.

- [Video Recording](#)

- [Slide Deck](#)

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*Ann Marchetti – Consulting Manager*

## **Finding Your Bliss: Creating a Healthy Mind & Body in Today's World**

For 11 years Ann has been leading FORWARD DuPage and now she will help lead you to better understand how small victories each day can put you back on a road to lifelong and permanent bliss.

In this webinar:

- Learn how the power of your mind can help you heal.
- Understand how to return to a healthy balanced lifestyle by releasing unhealthy limitations.
- Hear about the keys to reducing toxic stress and anxiety.
- Discover how to balance health and prevention to improve the body's ability to fight disease.

- [Video Recording](#)

- [Slide Deck](#)

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*Jan Roehll – Program Director  
The Conservation Foundation*



*Teresa Horton, PhD – Evolutionary & Ecological Approaches to Healthy and Development  
Northwestern University*

## **Time in Nature: Good for Your Health**

Scientific evidence documents that spending time in nature is good for our health, including a longer and healthier life, lower levels of obesity and Type 2 diabetes, and less stress and anxiety. During COVID-19 these benefits are what we all need to cope with life's stressors, future uncertainties and building a healthy immune system.

Join special guests Jan Roehll, from The Conservation Foundation and Teresa Horton, from Northwestern University for a healthy lunch break as they provide the science behind the health benefits of nature and the programming being developed for DuPage County.

- [Video Recording](#)

- [Slide Deck](#)

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*Deepa Deshmukh, MPH, RD, LD, CDE, BD-ADM – Co-Founder  
DuPage Dietitians*

## **What is Quarantine -15?**

Learn about "Quarantine -15". Special guest speaker, Deepa Deshmukh, a public health dietitian and Co-Founder of DuPage Dietitians, will talk about the weight gain some of us are facing after being in COVID-19 lock down. During her presentation she will review:

- Risk factors that lead to weight gain.
- Connections between food and "Quarantine -15".
- Strategies to combat impulsive/mindless eating.

- How to make an immunity enhancing smoothie called the "Life Saver" Smoothie.

- [Video Recording](#)

- [Slide Deck](#)

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*Jyl Steinback – Executive Director*

Shape Up US

### **Think Outside the Lunchbox to Build a Healthy Immune System**

Now more than ever a healthy immune system is so important. Join special guest, Jyl Steinback from Shape Us Up, a personal trainer, health expert and educator. Known as America's Healthiest Mom, she will provide 10 tips to build a healthy immune system from the inside out.

(4.8.2020)

- [Audio Recording](#)

- [Slide Deck](#)

(5.29.2020)

- [Video Recording](#)

- [Slide Deck](#)

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*Heather Gavras, MPH, RD, LDN – Healthy for Life National Program Lead*

American Heart Association

### **Love Can Break Your Heart...Obesity Can Too**

In celebration of American Heart Health Month, hear from Heather Gavras, National Program Lead, Healthy for Life with the American Heart Association. Learn how to live a longer, healthier life with tips and tools to maintain a healthy heart and manage a healthy weight.

- [Audio Recording](#)

- [Slide Deck](#)

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*Barbara Taylor – Early Childhood Healthy Lifestyle Expert*

FORWARD DuPage

### **The Earlier the Better: Simple Tools to Curb Obesity for a Lifetime**

Learn from Barb Taylor, FORWARD's Early Childhood Healthy Lifestyle Expert, how starting early with three simple strategies can impact weight for a lifetime. Even as an older adult, these tools can help

you and your family reach a healthy weight, improve lifestyle choices, and impact future health outcomes.

- [Audio Recording](#)

- [Slide Deck](#)

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*Dr. Vince Bufalino – Cardiologist & Chief Advocate Medical Group Officer*  
Advocate Aurora Health

### **Obesity, Opioids & Guns: Why Obesity is Still the #1 Health Issues**

Learn why obesity is still the biggest health problem, responsible for more deaths than car crashes, terror attacks and Alzheimer's combined. Learn how to help yourself, your family and your community become healthier and avoid the health risks associated with obesity. Hear from Dr. Vince Bufalino, Cardiologist and Chief Advocate Medical Group Officer and FORWARD DuPage founding board member.

- [Audio Recording](#)

- [Slide Deck](#)