

COMMUNITIES

Tuesday, June 22, 5:30-7pm - Young Professionals Wine Tasting at Anfora

Join Young Professionals' monthly meet-up to share experiences, meet people facing similar career issues and discuss areas of professional development. Connecting business to business, and business to community.

This month's topic: Free business resources available at the Oak Park Public Library with Bridget Opholt, Business Services Librarian

[CLICK HERE TO REGISTER](#)

Wednesday, June 23, 2-3pm - Chamber 102: "Your Marketing Advantage" Online Workshop

Perfect for new members and those who need a refresher, this fast-paced seminar will review all of your member benefits to maximize your marketing advantage.

What will You Learn?

In this seminar we will go over all of your marketing benefits that come with your membership, including:

- how to maximize your e-blast benefits.
- the role of your Member Profile in your marketing advantage and how to track digital traffic.
- how to generate marketing collateral that can be shared in your social media.
- how to tap into our Affinity Groups to grow your network and feature your business.

In the virtual world of Zoom of course! Once you register, the Zoom information will be sent to you in your confirmation email.

[CLICK HERE TO REGISTER](#)

Thursday, July 1, 1-2pm - Nonprofit Affinity Group Virtual Meetup

This month's resource person is **Megan Lewis** of nonprofit executive search firm Kittleman & Associates, where she is a principal consultant to their clients. She is also Vice President and Secretary of the board of directors of Momenta Dance Company and an active member of Women Leaders in Philanthropy at the OPRF Community Foundation.

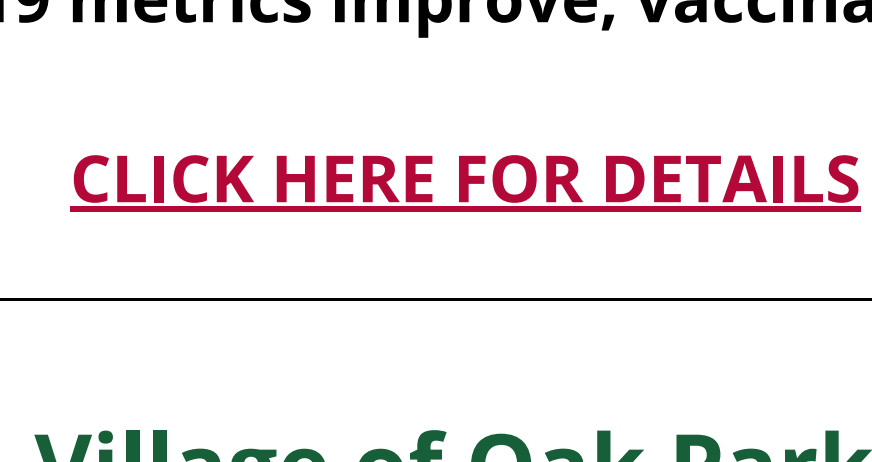
Bring your questions, ideas, and observations for the discussion!

[CLICK HERE TO REGISTER](#)

Friday, July 2, 12-12:30pm - Takeout Stakeout Lunch Pickup at Wild Onion Tied House

Come join your fellow Chamber members for our Takeout Stakeout, this time at **Wild Onion Tied House**! In this event, we convene at a designated restaurant to pick up our takeout lunch choices, and get to see each other for a bit while we're at it in a socially-distanced meetup. Like our Tuesday Tasting Lunch series from which this springs, lunch is a flat \$15 including tax and tip. Choose your lunch when register.

[CLICK HERE TO REGISTER](#)



Officials Announce Phase 5 Reopening Guidance in Suburban Cook County: All sectors to reopen at full capacity as COVID-19 metrics improve, vaccinations rise

[CLICK HERE FOR DETAILS](#)

Village of Oak Park COVID-19 Public Health COVID-19 PHASE 5 MITIGATION ORDER 6/11/21

[CLICK HERE FOR DETAILS](#)



Welcome to the Chamber's newest project to help market and connect our member Health & Wellness businesses with clients, customers and community.

What are Wellness Wednesdays?

Wellness Wednesdays are a monthly e-newsletter that focuses on tapping into local expertise to support every-day health and well-being in our community.

Each month there will be one specific topic that is timely and relevant to the community. Planned topics include:

- July 2021 - "Life After Lock-down: Your Post Covid Reboot"
- Aug 2021 - "Juggling Relationships: Balancing Healthy Family Dynamics"
- Sept 2021 - "Pain Got You Down?: Strategies for Tackling "the Hurt"
- Oct 2021 - "Forever Changing: Aging for Every Phase of Life"
- Oct 2021 - SPECIAL EDITION - "Between the Sheets: Sexual Health for all Ages"
- Nov 2021 - "Keeping your &%@# Together: Strategies for Managing the Stress of Everyday Life"
- Dec 2021 - "Surviving the Holidays: How to Stay Happy and Healthy"

Who will receive the newsletter?

We are teaming up with our community partners to get the broadest reach for this publication.

Each month, the e-newsletter will be sent out to over 10,000 addresses through the communication channels of the following partners:

- OPRF Chamber of Commerce
- RUSH hospital and University system
- Riveredge Hospital
- Fitness Formula Club (FFC)
- Fuller Health Group

To be a participating vendor, [CLICK HERE](#) to learn more & register.

Vendor fees are as follows:

- Wellness Wednesday Platinum Sponsorship: SOLD OUT!
- Vendor fees for each edition of the e-newsletter: \$100.00
- Vendor fees for 6 editions PLUS the October special edition: \$575.00 (savings of \$125)

WELLNESS WEDNESDAYS
Tapping into local expertise for everyday health and well-being.

BROUGHT TO YOU BY OUR PLATINUM SPONSORS

THIS MONTH'S TOPIC

LIFE AFTER LOCKDOWN
YOUR POST COVID REBOOT

TIP #1 JUST BREATHE!

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TIP #2 COPING STRATEGIES

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TIP #3 BEYOND THE COUCH

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PLATINUM SPONSOR VENDORS

RUSH OAK PARK HOSPITAL
Transforming Health care
rush.edu
(708) 383-9300

FULLER HEALTH GROUP
Optimizing health, wellness & performance
fullerhealthgroup.com
(312) 801-0318

Riveredge Hospital
Compassion & service Every Day
riveredgehospital.com
(708) 488-4970

PARTICIPATING VENDORS

Celebrating Seniors
We are here to help YOU!
As we all figure out what it means to find balance in the house again, we are here to help our seniors get moving again! Whether you need help to get out of the house for shopping or to continue to navigate the Zoom world, we are here for you.

Ashland Vine
Living Home Care
ashlandvine.com
(555) 555-5555

your logo here!
Your next newsletter! We've all been the person to stuff ourselves and we feel sick with our liver that connects that we think we might throw up. When this happens, we know we have no one to blame but ourselves but still feel sluggish, uncomfortable, and it's a reminder because we worked ourselves into a food coma. **CLICK HERE** to read the rest of PHC's blog on being "Pain".

More vendors will be listed here on a first come first serve basis

The OPRF Chamber of Commerce is committed to the health and wellbeing of our community. Wellness Wednesdays are a supplement to its annual Community Health Fair which connects our Chamber Members in the wider sector to clients and consumers throughout Chicago's north west.



The OPRF Chamber of Commerce is a valued partner to the LGBT Chamber of Commerce of Illinois.

JOIN US at our upcoming PRIDE month events

LGBTQ+ Biz Training

Day 2
June 24
12–2:30pm

Session 1
LGBT Business Enterprise Certification Overview

Session 2
Expanding Minority Business Access
Karen Goldner, Women's Business Development Center

Session 3
Tapping the Interest of a Corporation
Jaime di Paolo, Illinois Hispanic Chamber of Commerce

Session 4
Certification Q&A

This two day event will equip LGBTQ+ and ally entrepreneurs with the resources to launch and grow successful businesses

Event Partners
Andersonville Chamber of Commerce
Chicago Minority Supplier Development Council
Illinois Hispanic Chamber of Commerce
Illinois SBOC at Bradley University
Illinois SBOC for the Metro East at SIU
Oak Park River Forest Chamber of Commerce
Peoria Chamber of Commerce
Turner Center for Entrepreneurship at Bradley University
Uptown Chamber of Commerce
Women's Business Development Center

#lightcc
lightcc.com/events

[CLICK HERE TO LEARN MORE & REGISTER](#)

GIVING GROUP

Women Leaders in Philanthropy

Impacts of COVID-19 on the Oak Park and River Forest Community

Liz Holt
Executive Director, Oak Park-River Forest Chamber of Commerce

Marian Sassetti, M.D.
Physician, Family Medicine and Honorary Board Member, Thrive Counseling Center

Alison Hawley, Ed.D.
Director of Curriculum and Instruction, River Forest Public Schools District 90

Camille Wilson White
Executive Director, Oak Park Area Arts Council

MEET OUR PANEL

REGISTER NOW

We are **women who lead and empower!**

June 22, 2021 5pm - Panel Discussion
Women Leaders in Philanthropy
Impacts of Covid 19 on the Oak Park River Forest Community

Covid 19 has presented unprecedented challenges to our world and certainly the community of Oak Park River Forest. The economic and social effects continue to be extensive. Understanding the impact of the pandemic on our community is important to decisions and plans for our economic and social recovery.

WLIP is hosting a virtual panel presentation and discussion entitled: The Impacts of Covid 19 on the Oak Park and River Forest Community, Tuesday, June 22, 2021, 5:00 pm, via Zoom. The panel of speakers will include representatives of business, public and mental health, education and the arts as follows:

Business: Liz Holt, Executive Director Oak Park - River Forest Chamber of Commerce

Health and Mental Health: Marian Sassetti, M.D., Physician, Family Medicine and Honorary Board Member, Thrive Counseling Center

Education: Alison Hawley, Ed.D., Director of Curriculum and Instruction River Forest Public Schools District 90

Arts: Camille Wilson White, Executive Director Oak Park Area Arts Council

Following introductory presentations by the speakers, there will be discussion and a question and answer session. The program is open to members of WLIP and guests. Registration is required by June 21st. There is no charge for registration. [REGISTER HERE](#)



THANK YOU



YEARBOOK

for making
our logo **PRIDE** perfect this June!