

2019 H&W Fair

Every spring we turn our attention to supporting our Health & Wellness businesses and invite the community to join us at our annual H&W Fair. This year more than ever our own health and wellness is top of mind, and we have a community filled with professionals who are thinking about your health too! Throughout April check out our resources to get you connected in with our huge range of our local providers.

#chamber**LOVE**

Liz Holt
Executive Director



COMMUNITIES

Tuesday April 27, 2-2:30pm - Ribbon Cutting at the Daly Bagel

Celebrate with us at the **Daly Bagel** celebrating their 1-year anniversary, taking pictures of the actual ribbon cutting with the staff, partaking in cookies and coffee, and enjoying a great networking opportunity!

[**CLICK HERE**](#)

Wednesday April 28, 11:30am-12:30pm - Ribbon Cutting at The Sheridan at River Forest

Celebrate with us at The Sheridan at River Forest, taking pictures of the actual ribbon cutting with the staff, photos of their "first dollar", visiting the inner workings of the business, and a great networking opportunity!

[**CLICK HERE**](#)

Wednesday May 5 - Ribbon Cutting at Hit It! Fitness

Celebrate with us at Hit It! Fitness celebrating their reopening at their new location, taking pictures of the actual ribbon cutting with the staff, and enjoying a great networking opportunity!

[**CLICK HERE**](#)

Thursday May 6, 1-2pm - Nonprofit Affinity Group Virtual Meetup

Come join the Chamber's new nonprofit affinity group for our monthly gathering. This month, visiting expert Cathy Kestler discusses "The Abundant Nonprofit ? A Mindset Shift to Greater Impact". She will talk about the abundance vs scarcity mindset in nonprofits, and outline ways organizations can move beyond their limiting beliefs to have more impact.

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

[**CLICK HERE**](#)

Friday May 7, 12-12:30pm - Takeout Stakeout lunch pickup at the Nineteenth Century Club

Come join your fellow Chamber members for our next Takeout Stakeout, this time at the Nineteenth Century Club! 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. Pick your choice lunch at registration.

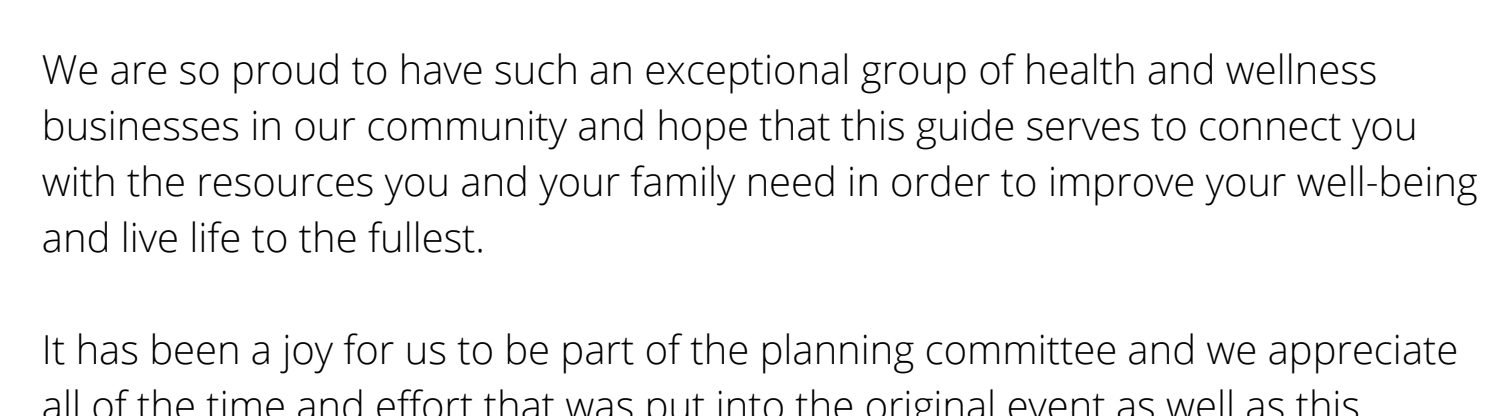
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Tuesday May 11, 5-7pm - Business After Hours at the River Forest Park District

Join us for a night of networking, drinks, and hors d'oeuvres with the River Forest Park District! Great people and good food will make for a fine spring celebration - please join us!

Business After Hours (BAH) occur on the second Tuesday of every month. This is your chance to connect with other members in a more casual setting. All members and non-members are welcomed. (Members are free.)

[**CLICK HERE**](#)



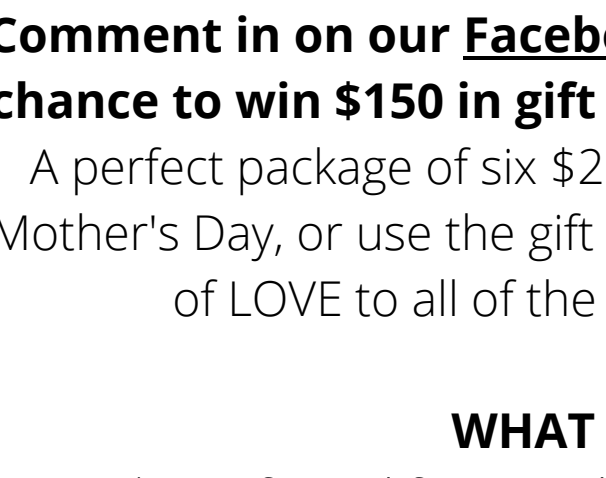
On behalf of the entire 2020 OPRF Chamber of Commerce Health and Wellness Fair Planning Committee, we'd like to express our deep sadness for having to cancel last year's Fair due to complications caused by COVID-19. The Health and Wellness Fair had grown each year since its inception six years ago and had become a great resource and source of engagement for the community.

For last year's event, we had the support of over 80 vendors, including our exclusive sponsor Rush Oak Park Hospital and host location Fitness Formula Clubs Oak Park. In place of having the event in person last year, we took the opportunity to innovate and transfer the energy and expertise of the vendors into a print version of the OPRF Health and Wellness Fair that was published as a resource guide inside the OPRF Answer Book back in November 2020. Now we present that resource guide online here at OakPark.com. Check it out and get introduced to the wonderful sponsors and vendors you would have met in person at the fair. We hope you'll follow the links to their websites and call them with your questions.

We are so proud to have such an exceptional group of health and wellness businesses in our community and hope that this guide serves to connect you with the resources you and your family need in order to improve your well-being and live life to the fullest.

It has been a joy for us to be part of the planning committee and we appreciate all of the time and effort that was put into the original event as well as this creative shift. We look forward to returning to in-person events soon. We miss connecting with you!

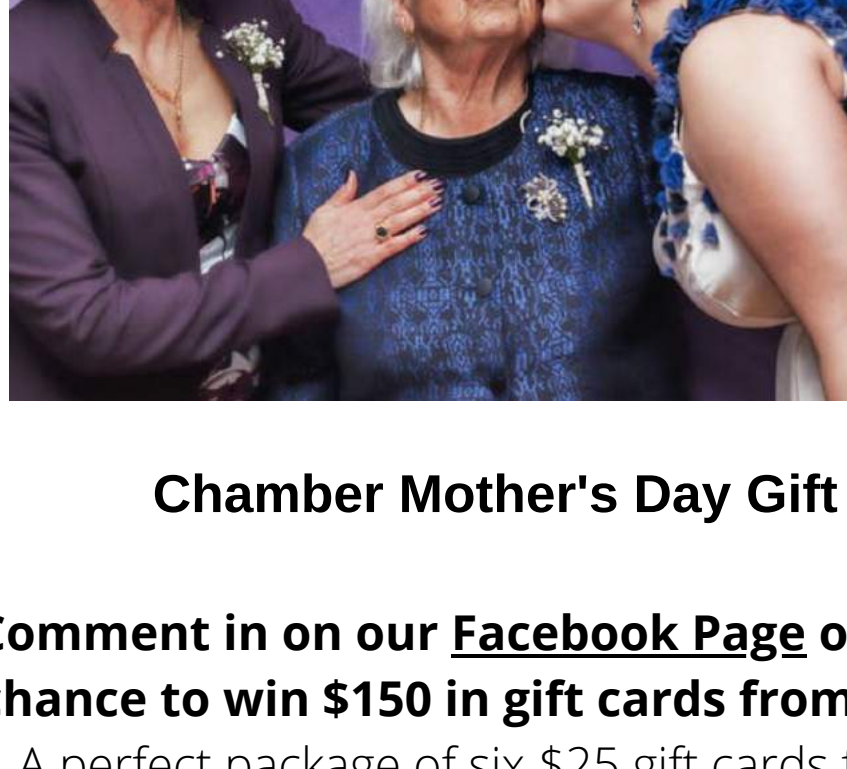
Diana Shea and Chris Grumboski, Co-Chairs
OPRF Chamber of Commerce Health and Wellness Fair Planning Committee



Diana Shea and Chris Grumboski

[**CLICK HERE**](#)

for the online showcase



Mother's Day Giveaway

6 awesome gift cards! RETAIL LOVE!
Only on our facebook page.



Monday
May 3, 2021

Be sure to comment to enter!

Chamber Mother's Day Gift Card Giveaway!

Comment in on our Facebook Page on Monday, May 3rd for a chance to win \$150 in gift cards from our local area retailers.

A perfect package of six \$25 gift cards for your special Mom this Mother's Day, or use the gift cards to shop yourself and give the gift of LOVE to all of the important women in your life.

WHAT WILL YOU WIN?

Six \$25 gift card from each of the following Chamber member retailers - **Careful Peach, Alioto, Lively Athletics, Elle Belle Box, Blackout Baking Co., & Good Earth Greenhouse.**

HOW TO ENTER?

On May 3, 2021 comment in the Mother's day post on our Chamber facebook page on what you LOVE about one of the six participating retailers - tell the world why they are fabulous, why you shop with them, and why they need our LOVE to survive this pandemic! Comment as many times as you like. Commenting entries will close at midnight and a drawing from all comments will determine one winner. (Note ONLY comments in on the Chamber's facebook page will count towards an entry.)

EVERYONE who **LOVES** our retailers and wants to share that LOVE with the community is invited to comment and participate. The winner will be announced on the Chamber's Facebook Page May 4.



Mask-Up OPRF!

The Great Mask Give-away

businesses will be open
only if you wear them



For local businesses in Oak Park, River Forest and surrounding communities!

REGISTER at one of the locations below to reserve your pack of 50 cloth masks. **

Wed. **April 28**, 11am-1pm @ Hemingway District
Pick up at **OPRF Chamber Office, Oak Park Ave**

**Supplies are limited and can be reserved through registration only.
**Pick-up will be in-person only. No deliveries.

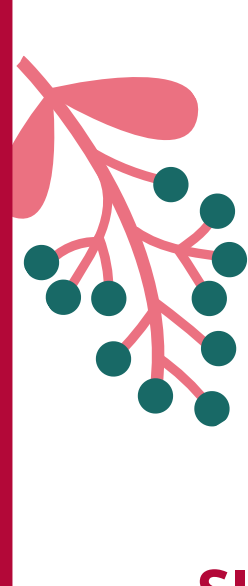
Supporting ALL local businesses to re-open safely.

Choose Community
oprffchamber.org

Thank you!

to the West Cook YMCA for generously supplying these masks to support our local businesses!



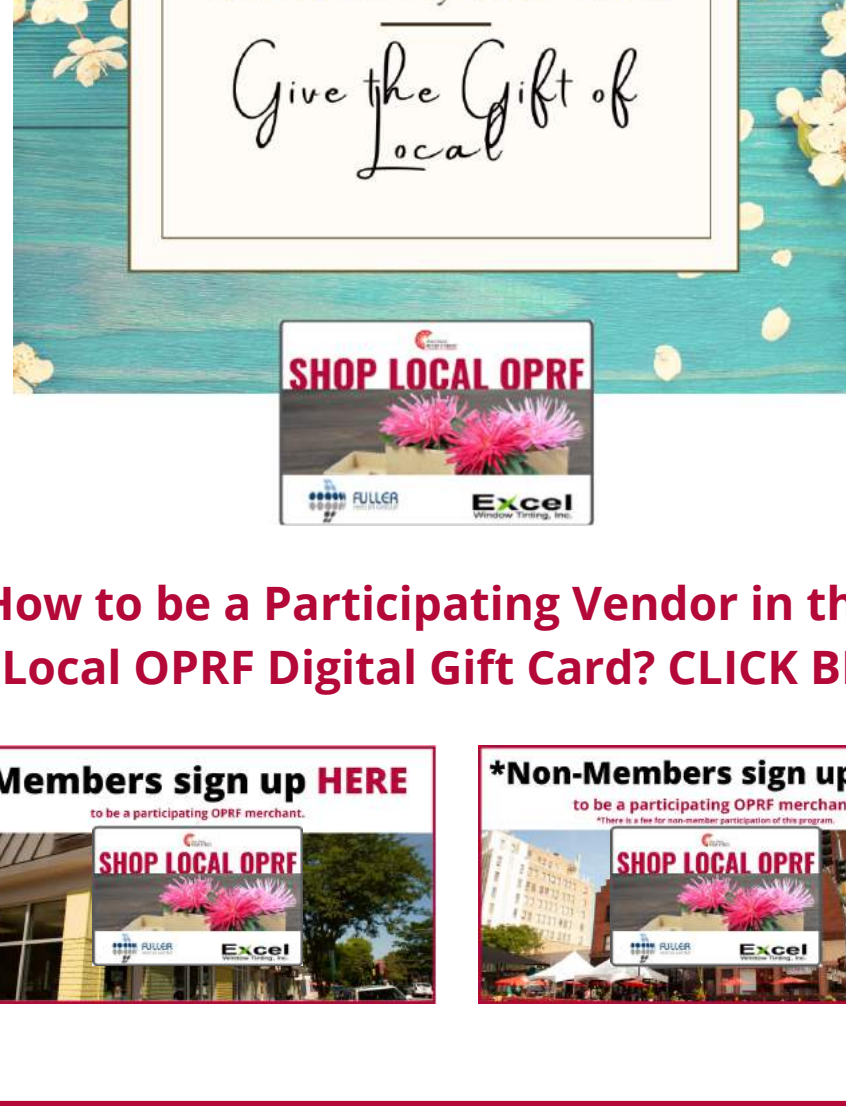


MOTHER'S DAY & END OF YEAR TEACHER'S GIFTS

SIGN UP NOW to be a SHOP LOCAL OPRF vendor as we will promote to purchase and redeem gift cards end of April and all May!

\$7600+ cards sold to date. \$5000+ still to be redeemed.

SIGN UP NOW!



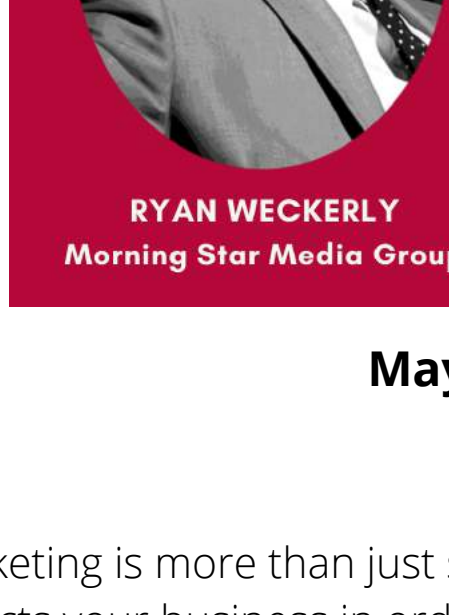
How to be a Participating Vendor in the Shop Local OPRF Digital Gift Card? CLICK BELOW.



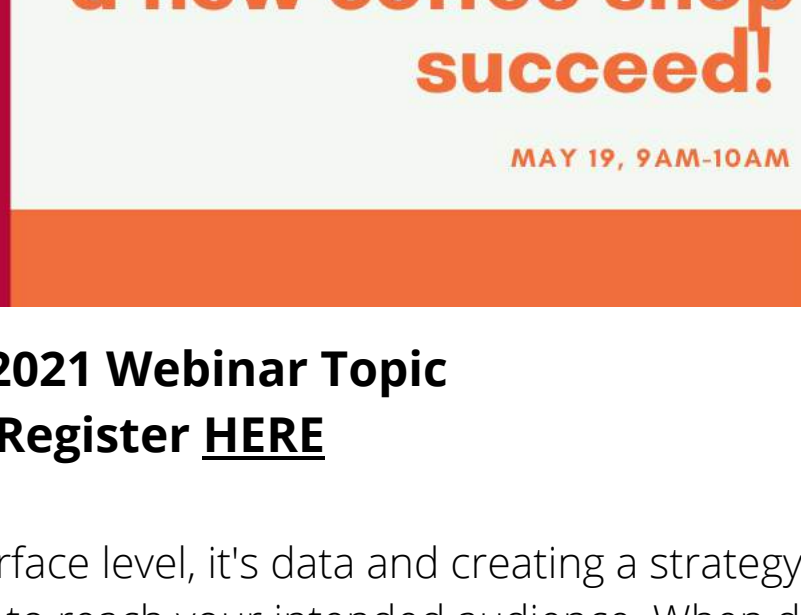
2021 Webinar Series

Welcome to our 2021 Professional Development Webinar Series. We are thrilled to be able to bring you this series of monthly webinars with helpful and practical tools to navigate the new normal.

Experts in their fields will show you all you need to know – from legal considerations to best practices in digital advertising; from brand identity to effective sales techniques; from actionable advice on marketing and communication best practices to help your small business succeed in 2021 and beyond.



RYAN WECKERLY
Morning Star Media Group



May 2021 Webinar Topic

Register [HERE](#)

Marketing is more than just surface level, it's data and creating a strategy that reflects your business in order to reach your intended audience. When done right, marketing can translate to a stronger brand as well as more profit for your business.

Ryan Weckerly will discuss how the right technology tools, combined with human interaction to develop more powerful leads, profitable sales, and long-term relationships for your brand. Attendees will learn how these takeaways will help you effectively market your business:

- Dynamic web content
- Strong SEO
- Lead scoring and nurturing
- Lead destination tracking
- A vital SRM
- Behavioral based automated e-mails
- Performance analytics

Who is our Speaker?

As president of MorningStar Media Group, Ryan has built an extensive clientele base. He has seen clients through crisis and economic downturns by creating strategic campaigns that stand the test of time.



New banners installed in the Southtown District to help you discover all that's good around South Oak Park Avenue. Use one-way northbound access between Harrison and Van Buren to reach the Carnival parking lot or take advantage of ample customer parking in Public Parking Lot 1. See more detailed maps and parking information [HERE](#).



Support our local restaurants by ordering their VegOut Wednesday menu special

Proudly brought to you by the River Forest Sustainability Commission

In partnership with the OPRF Chamber of Commerce

Restaurants, participate in

VegOut Wednesdays!

Starting on April 28, 2021

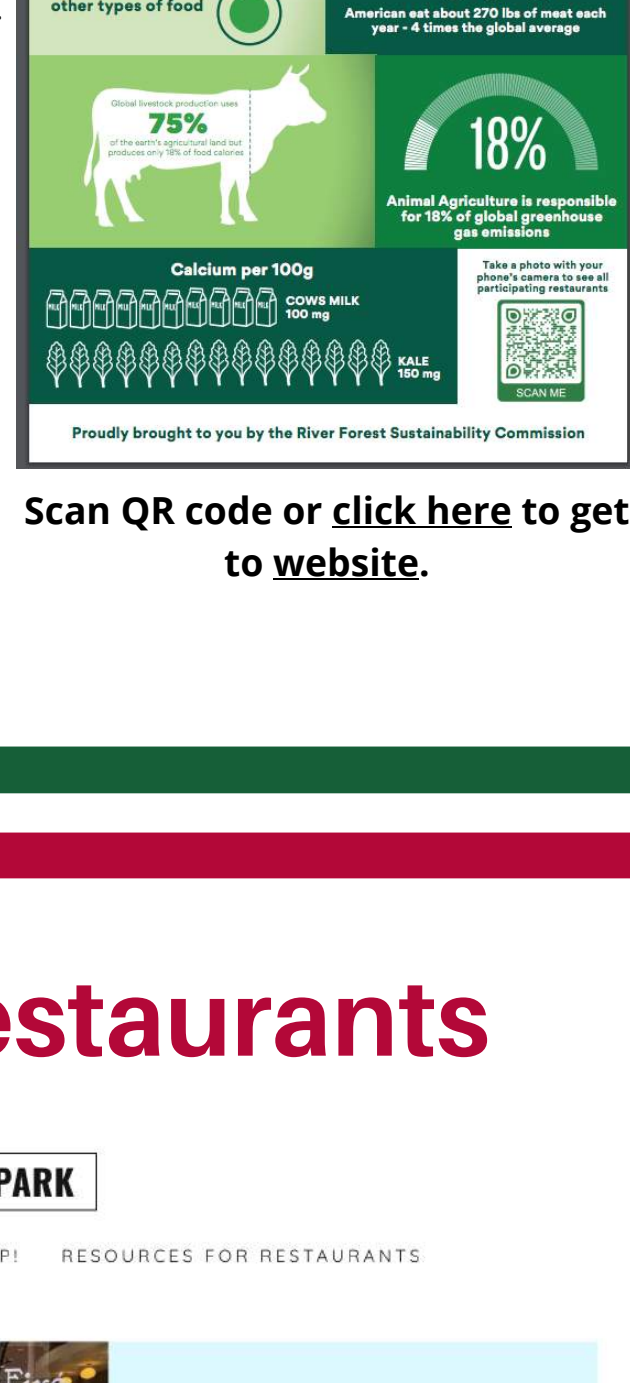
How do you participate?

- Sign up by emailing Sustainability@vrf.us.
- Send Hi-Res jpeg or png logo to be displayed on our webpage with a list of participating restaurants.
- Display the window cling (Sent when you sign up).
- Have a vegetarian special on Wednesdays. The special can highlight current menu item or create something new.

Restaurants will get:

- Permanent place on webpage with logo and info.
- Social Media highlights.
- Local media and organization highlights.

For more info, please contact Sustainability@vrf.us

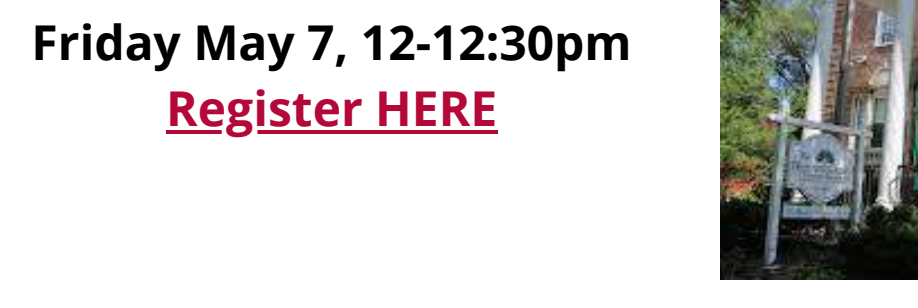


Scan QR code or [click here](#) to get to website.

Support our Restaurants

TAKE OUT 25 OAK PARK

[HOME](#) [WHAT IS THE PLEDGE?](#) [JOIN OUR FB GROUP!](#) [RESOURCES FOR RESTAURANTS](#)



Takeout 25 Oak Park asks participants to spend \$25 a week at a local establishment. If 10,000 residents spend \$25 a week for carryout or delivery at an area restaurant, this translates to \$1 million per month--which could be the difference between economic survival or extinction. Check out how it works on the [Takeout 25 Oak Park Facebook page](#). Participation in programs like this help create a more vibrant, thriving Village that offers a wide array of choices for visitors and residents.

Please support Takeout 25 Oak Park and help sustain our beloved Oak Park businesses and those in the surrounding areas.

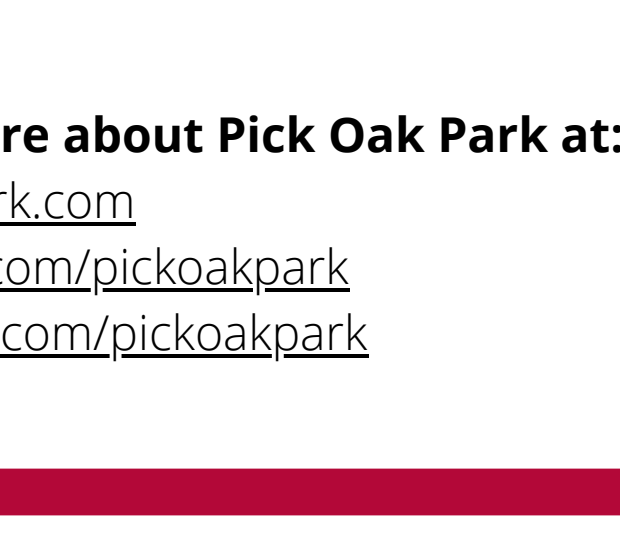


CHAMBER TAKE OUT STAKE OUTS

12-12:30pm \$15 lunch options

Friday May 7, 12-12:30pm

[Register HERE](#)



Use our community digital gift card at participating restaurants. [Check list here.](#)



Learn more about Pick Oak Park at:

pickoakpark.com
facebook.com/pickoakpark
instagram.com/pickoakpark



Continue to look to us as we provide critical information & connect you to business & community events.



Timely member emails, Sign up for our [weekly newsletter](#) & [checkout our website](#)

[LIKE us on Facebook](#)

[Connect to our community calendar](#)