

Community Resources Available for Veteran Stress Management

Health Promotion Disease Prevention

Edward Hines, Jr. VA Hospital

Be Safe Resources

This is a list of resources in the area around Edward Hines, Jr. VA Hospital and its six clinics. This list is not exhaustive. Additional resources are available in these service areas. The VA is not endorsing specific resources. We are only identifying some of the resources available in and around our service areas. Fees may apply to some programs. Services and fees listed may change. Please contact programs directly for the most recent program details and fees. (Last updated July 2012). If you know of updates or additional resources to add to this list, please contact: Lorry Luscri, MPH, CPH, RD, LDN Health Promotion Disease Prevention Program Manager lorry.luscri@va.gov.

Category	Program Name	Program Offerings	Website	Contact	Location/Date
Resources	Chicago Public Libraries	Book Clubs, Stress Management Books, Workshops (e.g., Writing, Law), Computer Classes	www.chipublib.org	312-747-4300	400 S. State Street Chicago, IL 60605
	Metropolitan Library System	Book Clubs, Stress Management Books, Workshops (e.g., Writing, Law), Computer Classes	www.mls.lib.il.us	630-734-5000	Locations in Grande Prairie, Orland Park, Richton Park, River Forest
Relaxation and Stress	Zen Meditation at Rockefeller	Free Meditation	rockefeller.uchicago.edu	773-702-2100	Rockefeller Chapel 5850 S. Woodlawn Ave.

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Management					Chicago, IL 60637 1 st Wednesday of Each Month, 5:00-6:30pm
	Chicago Sri Chinmoy Centre	Free Meditation	www.meditationchicago.org	773-248-8500	Victory's Banner Bookstore 2135 W. Roscoe Call for Course Hours/Offerings
	Free Yoga Chicago	Free Yoga Classes	www.freeyogachicago.com	NA	Various – See Website
	Yoga Trek Center	Free Yoga and Meditation Classes	www.yogatrekcenter.com	708-660-0868	911 S. Lombard Ave. Oak Park, IL 60304 <i>Yoga:</i> Sundays 4:30-5:50pm <i>Meditation:</i> Sundays 5:45-6:15pm
Recreation	Chicago Park District	Parks, Indoor and	www.chicagoparkdistrict.com	312-742-	330 East Monroe St.

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		Outdoor Recreation, Fitness Centers, Free Community Events		PLAY	Chicago, IL 60603
	Maywood Park District	Parks, Community Programs, Urban Garden Project	www.maywoodparkdistrict.org	708-344-4740	921 South 9 th Ave. Maywood, IL 60153
	Park District of Oak Park	Parks, Community Events, Fitness Classes, Free Summer Concerts	www.oakparkparks.com	708-848-9661	<i>Ridgeland Common:</i> 415 Lake St. Oak Park, IL 60302
	Berwyn Park District	Parks, Recreation, Fitness Classes, Community Events	berwynparkdistrict.com	708-795-2892	<i>Proska Park:</i> 3001 S. Wisconsin Ave. <i>Liberty Cultural Center:</i> 6445 W. 27 th Place

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					Berwyn, IL 60402
	Park District of LaGrange	Parks, Community Activities/Events, Recreation	www.pdlg.com	708-352-1762	536 East Ave. LaGrange, IL 60525
	Park District of Forest Park	Parks, Community Events, Classes, Fitness Programs	www.pdofp.org	708-366-7500	7501 Harrison St. Forest Park, IL 60130
	Art Institute of Chicago	Museum Exhibitions, Programs	www.artic.edu/aic	312-443-3600	111 South Michigan Ave., Chicago, IL 60603 Free admission on the 1 st and 2 nd Wednesday of each month (must be IL resident)
	Museum of Contemporary Art,	Museum Exhibitions,	www.mcachicago.org	312-280-2660	220 East Chicago Ave.

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	Chicago	Programs			Chicago, IL 60611 Free admission on Tuesdays (must be IL resident)
Misc.	Free Chicago Events	Recreation, Workshops, Education	chicagofree.info	NA	Various – See Website