

# Winter Wellness Family Event

Sat, February 25

10 am - 1 pm

Watch Tower Lodge

1510 46th Ave., Black Hawk Park  
Rock Island, IL



Spend a fun winter's day exploring ways to be healthy in mind, body, and spirit at this Free event for all ages!

Kids activities from 4-H, AOK Childhood Network, and the Rock Island Public Library include:

- **"I Made That!" packets to learn about snow.**
- A fun **indoor obstacle course**
- A **selfie station** to capture memories
- Plus the library will have their **Bookmobile** in the parking lot
- Discover bird-beak facts from Master Gardeners.



**Dress for the weather** and do a **Soup Scavenger Hunt!**

Pick up a Scavenger Hunt Map, follow the clues, and turn in your sheet for a chance to win one of **20 vegetable soup kits to take home and make.**



**Free Soup & Hot Cocoa!** Warm up inside and enjoy a bowl of soup and hot cocoa by the fire.

**Spend time crafting!** There will be canvases, bird-house gourds, and rocks to paint and decorate.

Illinois Extension will have interactive stations for you to:

- Learn ways you can **reduce food waste**, save money and help the environment.
- See how to make **your own green cleaning products and get a free sample.**
- Dive into the **importance of nutrition** with SNAP-Ed resources
- Pick up a free **2023 Eat.Move.Save** calendar with recipes and health tips
- Learn the steps you can take to **keep your heart healthy.**
- Get your **blood pressure and glucose levels** checked from Community Health Care.

Visit the **Hauberg Museum** to learn about Sauk and Meskwaki (Fox) Indians.



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