July 2025

Coming Events and Opportunities from Participating Organizations

Survey of Active Living Programs in Champaign County
The Active Living Committee of HCC needs your help building a contact list of organizations that provide the residents of Champaign County with active living opportunities. For now, we are leaving the definition of "active living" rather broad, as we want to include a wide range of activities that get folks moving. So, if you or a colleague organize active living programs or if you participate in activities organized by others, please tell us about it here in this quick survey. Contact committee chair Caitlin Fredericks if you have any questions.

Wits Workout at The Windsor of Savoy
Wits Workout is happening on July 22 at 1 PM in the Savoy Room at The Windsor of Savoy, 401 Burwash Ave, Savoy. This fun and engaging class features interactive activities designed to challenge your mind and support brain health. It's never too early—or too late—to start giving your brain the attention it deserves. Come challenge your mind, have some fun, and leave feeling energized and empowered! More information is HERE. Registration requested, you can do that HERE.

Nurtured in Nature Summer Hike
The Nurtured in Nature second Summer Hike of 2025 is happening **Saturday, July 19th** at Warbler Ridge Conservation Area in Charleston, IL, a beautiful landscape of forest, prairie, and savanna habitat managed by Grand Prairie Friends. Nurtured in Nature, in collaboration with Prairie Rivers Network**,** is a BIPOC nature-based wellness initiative working to close the nature gap in Illinois by providing culturally informed outdoor experiences that center those most impacted by nature deprivation. Registration is required and capacity is

limited. Transportation will be offered to registrants who express a need. More information is HERE.

Free Summer Meals for Kids
C-UPHD is offering free summer breakfast (9:30 am - 11:00 am) and lunch (12:45 pm - 2:15 pm) for kids Monday-Friday, July 25-August 11. Meals will be served five days a week at CUPHD, 201 West Kenyon Road, Champaign for children ages one to 18 and must be eaten on site. Visit bit.ly/summer-meal for more information. Information in English, Spanish, and French is HERE.

Morrissey Park parkrun
Saturdays at 9:00am at Morrissey Park, 1209 Harrington Dr., Champaign. Parkrun is a free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer, or spectate–it's up to you! Parkrun is free but please register before you come for the first time. Morrissey Park parkrun needs you! It is entirely organized by volunteers-email morrisseypark@parkrun.com to help.

Cooking with an Air Fryer for Seniors
Do you have an air fryer, or are you considering purchasing one and are unsure how to use it? Cooking with an Air Fryer will help you discover the delicious and healthy world of air frying! Learn to make crispy, mouth-watering dishes with less oil while retaining flavor and nutrients. Join Illinois Extension for this FREE activity on Wednesday, August 13th, at 11:00 AM at the Martens Center Kitchen, 1515 N Market St, Champaign. More information is HERE**.**

Local Food-Systems Directory
The Urbana Farm to School program invites you to join their Local Food Systems Directory. The directory helps teachers create unique learning experiences through collaborations with local food systems leaders and is a vital resource for teachers planning lessons, identifying guest speakers, and organizing field trips. Working primarily with the Urbana School District 116 (USD116), the Farm to School program offers students better access to nutrition and agriculture education, outdoor experiences, and local food. There is more information about their programming HERE. Direct any questions to the team at cufarmtoschool@gmail.com.

2025 Community-Academic Scholars (CAS) Poster Presentations
The Interdisciplinary Health Sciences Institute (IHSI) invites HCC participants to the 2025 Community-Academic Scholars (CAS) poster session on Wednesday,

August 6, from 10 - 11:30 a.m. Sola Gratia Farm is hosting the celebration at St. Matthew Lutheran Church, 2200 Philo Rd, Urbana.

HCC and Sola Gratia have partnered with the IHSA CAS program for a community-driven project to seek insights into the food and nutrition security needs of older adults in Champaign County in order to better understand their food-related challenges, needs, and preferences.

The poster session is an in-person, free, open-house style event and is open to the public. Please register HERE by Thursday, July 31 to help them fully accommodate all attendees.

Common Ground Recruiting Directors

Common Ground is looking for candidates for their Board of Directors. The directors play a pivotal role in steering its direction, ensuring adherence to cooperative principles, and representing the diverse interests of its owners. Running for the Board is a testament to one's dedication to community, cooperative values, and the vision of a sustainable future. It is a chance to make a meaningful impact, contribute expertise, and ensure that the Co-op remains a vibrant and resilient institution for generations to come. Whether you are a longstanding owner or new to Common Ground, consider stepping forward and running for the Board! Together, we can strengthen our cooperative, uphold its values, and create positive change in our community. Read more about this great opportunity HERE.

2025 Champaign County Community Health Plan

Please help to design the 2025 Champaign County Community Health Plan. This month the team is hosting Community Health Plan Workgroup Meetings to address: Access to Healthcare, Behavioral Health, Healthy Behaviors and Wellness, and Violence Prevention. Each work group will complete an IPLAN template provided by IDPH to be included in the 2025 Champaign County Community Health Plan. Contact JR Lill for additional information. Dates, times, and locations are HERE.

Family Fun Days at Promise in Rantoul

Promise Healthcare will host a "Patient Appreciation and Back to School Fair" for the whole family on Friday, August 8th from 10:00 am - 2:30 pm in Rantoul, 424 E Wabash Avenue. Entertainment, food trucks, dental screenings, Medicaid enrollments, school supply giveaways, and much more. Appointments can be made for school physical or sports physical exams on that day by calling (217)500-7000. Information flyers are HERE.

Future HCC Meetings and Events

Membership Gathering: August 6th, 12:00 pm – 1:00 pm. Martens Center, 1515 N. Market St, Champaign. *(Membership gatherings are typically the first Wednesday of the month.)*

Board Meeting: July 30th, 8:30 – 9:30 am. Community Foundation of East Central Illinois, 307 E. University Ave., Champaign. *(Board meetings are typically the last Wednesday of the month.)*

Newsletter Publication Schedule: We aspire to publish this newsletter on the 3rd Wednesday of every month. Submissions for inclusion must be received by the 2nd Wednesday. Send submissions to HealthyChampaignCounty2016@gmail.com

In The News

Youth Homelessness Systems Improvement

The Illinois Office to Prevent and End Homelessness, as part of their Youth Homelessness Systems Improvement initiative, is recruiting young adult youth leaders to join a statewide Youth Advisory Group. The goal of this group is to increase youth and young adult voices in state government and understand how to reduce experiences of homelessness for youth, particularly youth with experience with foster care, juvenile justice, or corrections systems. Learn more about the effort and eligibility rules HERE.

Think the School Lunch Battle is New

The Science History Institute in Philadelphia has an exhibition that looks back at the history of feeding children in schools and reminds us how fraught the efforts have been for more than 100 years. It examines how this cornerstone of childhood became deeply intertwined with American politics, culture and scientific progress. In the 2023-24 school year, some 23.6 million students were enrolled in high-poverty districts that qualify for free lunch for all.

***Black Farmer*: A New Documentary on the Struggles of Black Farmers**
Explore the compelling journey of a resilient black farmer in this documentary, shedding light on the often-overlooked struggles faced by black farmers throughout history. Delve into their stories of perseverance, resilience, and the challenges they've overcome, offering a powerful glimpse into the agricultural landscape's complex history. Join us on a thought-provoking journey as we celebrate the triumphs and confront the injustices that have shaped the lives of black farmers. This documentary aims to inspire dialogue and foster a deeper understanding of the diverse experiences within the farming community. Watch untold tales of strength and determination in *Black Farmer*.

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This information has been provided by **Healthy Champaign County** (HCC), a coalition of organizations and community members working to ensure opportunities for active living and an accessible, sustainable, and healthy food environment for our neighbors in Champaign County.

Learn more about Healthy Champaign County

If you wish to be removed from this mailing list, send a message to HealthyChampaignCounty2016@gmail.com