

# WAUKEGAN PARK DISTRICT

## PRESS RELEASE

### Know Your Food

(Waukegan, IL September 21, 2014) — WAUKEGAN PARK DISTRICT-CULTURAL ARTS DIVISION - Get to know your food with the Waukegan Park District and Health Coach Sharice Bell. All classes are at 6:30pm at Lilac Cottage, 1911 N Sheridan Rd, Waukegan, IL 60087.

Classes are:

**Sugar Blues** Thursday, October 9 ID#4563

Learn about different types of sugars and health issues associated with them. Healthy alternatives will be discussed.

**Chemical & Preservative Use in Food** Wednesday, November 5 ID#4576

Learn the purpose of chemicals and their effect on people.

The classes are free but do require pre-registration with a deadline one week before the class, to allow for sufficient space. Sharice Bell is licensed as a Holistic Health Practitioner through the American Association of Drugless Practitioners. She is trained as a Health Coach at the Institute for Integrative Nutrition; learn more at [www.elitebalance.us](http://www.elitebalance.us).

For further information on these Know Your Food Classes at the Waukegan Park District, please call the Jack Benny Center for the Arts 847-360-4740. Register in person at the Jack Benny Center for the Arts located in Bowen Park, 39 Jack Benny Drive, Waukegan, IL or online at [www.waukeganparks.org](http://www.waukeganparks.org). Partial sponsorship of the Cultural Arts programs is through a grant from the Illinois Arts Council, an agency of the State of Illinois.

## **About the Waukegan Park District**

Established on December 26, 1916, the district has 48 sites and more than 735 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 59 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park District (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

9.5.14/Comm. Relations

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