

# Health and wellness center sets open house

## DAILY CHRONICLE

DeKALB – The new Northwestern Medicine Kishwaukee Health and Wellness Center will host a grand opening celebration from 8 a.m. to 2 p.m. Nov. 10.

The new facility, on the campus of Kishwaukee Hospital at 626 Bethany Road in DeKalb, is a medically integrated wellness center designed to help individuals recover from an illness or injury and improve health through exercise, activity and education.

The open house will feature free giveaways and prizes, wellness demonstrations, educational programs, health screenings and opportunities to meet the staff. Member services representatives will be available to discuss membership options and grand opening specials.

The 111,000-square foot facility features state-of-the-art equipment along with a staff of degreed and certified health professionals. The center offers a group exercise studio, indoor walking and jogging track, strength and cardio equipment, cycling studio, 25-yard lap pool, warm-water therapy pool and a full-court gymnasium. Amenities include full-service locker rooms, complimentary towel service, showers, whirlpools, saunas, steam



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The view from the gazebo in the back of the Northwestern Medicine Kishwaukee Health and Wellness Center.

room, café and child care services.

Community wellness, diabetes education and Northwestern Medicine Regional Medical Group physicians from orthopedics and integrative medicine will have offices at the new center, along with X-ray capabilities, treatment rooms and consultation

rooms. A variety of community education programs will be offered at the new facility.

The Northwestern Medicine Kishwaukee Health and Wellness Center will be a member of the Medical Fitness Association, a member-driven, nonprofit organization that provides

industry standards, educational programs, benchmarks, outcome measurements and professional development for the medical fitness industry.

To learn about the new Northwestern Medicine Kishwaukee Health and Wellness Center, call 815-754-1098 or visit nmkishhwc.com.

## LOCAL BRIEFS

### Mighty Makers work with cardboard

DeKALB – Join the Mighty Makers at the DeKalb Public Library, 309 Oak St., for a mini cardboard challenge at 1 p.m. Saturday.

The Global Cardboard Challenge is a worldwide movement to provide children with recycled materials (cardboard, egg cartons, paper towel rolls, etc.) and inspire them to build.

This program is part of Mighty Makers, the library's making club for kindergarten through fifth-grade students. The group meets monthly to do a STEM challenge. Materials for this event were provided through a grant by the Kishwaukee Sunrise Rotary Club.

For this program, children in kindergarten through second grade are strongly encouraged to attend with an adult.

Space is limited to 20 participants. Registration for this free program will begin one hour before the start of the program, at the Youth Services Desk. First-come, first-served.

For information, contact Laura at lauraw@dkpl.org or 815-756-9568, ext. 3350.

### Dean Awe Memorial Park dedication is Saturday

The Kingston Township Park Board will host a dedication ceremony for the Dean Awe Memorial Park at 11 a.m. Saturday.

Dean Awe was the former maintenance director for the park district. He died in February.

The park is at 100 N. Main St. in Kingston.

A luncheon will follow the ceremony.

### International story time scheduled at library

DeKALB – Students and teachers from the Northern Illinois University Southeast Asian Studies program will share songs and stories at the DeKalb Public Library in celebration of International Education Week.

The event will take place at 6 p.m. Nov. 12.

A Swahili language instructor will read "Moja Means One: Swahili Counting Book" (a Caldecott Award winner) and will teach a Swahili counting song. A Thai language instructor will read "Hush!: A Thai Lullaby." Then families can make a craft and play a brief trivia game.

No registration is required to attend this free program. It will be in the upper level Story & Activity Room.

For information, contact Theresa at theresaw@dkpl.org or 815-756-9568, ext. 3350.

### Restaurant invites veterans, service embers for free lunch

Texas Roadhouse in Sycamore invites veterans and active members of the U.S. military to enjoy free lunch from 11 a.m. to 2 p.m. Sunday.

This eighth annual nationwide event is a way that Texas Roadhouse honors the men and women who serve the country.

Veterans can choose one of 10 entrées, including a 6-ounce sirloin and two sides plus a choice of soda, sweet tea/ice tea

or coffee during lunch. Proof of service includes military or VA card, or discharge papers.

Texas Roadhouse is at 1950 DeKalb Ave.

### DeKalb Public Library to host blood drive

DeKALB – The DeKalb Public Library, in conjunction with Heartland Blood Center, will sponsor another community blood drive from 4 to 7 p.m. Nov. 12.

All donors will receive a free Chicago Wolves ticket.

To schedule a donation, sign up in person at the library, 309 Oak St., or online at [www.heartlandbc.org](http://www.heartlandbc.org). Appointments are preferred, but walk-ins are welcome.

Remember to eat a hearty breakfast and arrive hydrated before making a donation. Donors must be 16 years or older. Bring a photo ID. The blood drive will be in the lower level Yusunas Meeting Room.

For information, contact Samantha at [samanthah@dkpl.org](mailto:samanthah@dkpl.org) or 815-756-9568, ext. 1701.

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