



Healthy Minds, Healthy Bodies

Summer Mobilization!

CALL TO ACTION-Veterans! Past and Present HMHB members! Orders have just come in, re-enrollment and mobilization of ALL service members! Report to your duty stations, participate with each unit's training events and get squared away for summer!

Healthy Minds, Healthy Bodies partnered with NEDSRA and DuPage County Park Districts, are offering a summer collaboration. Each community will hold weekly events or programs starting June 21st running till September 21st, for prior service and HMHB enrollees. Enrollment and information will be available through NEDSRA at nedsra.org.

Eligibility

- All prior service with proof of service DD-214, VA card, Veteran status on ID.
- Reservists and Guardsman included. Active duty are welcomed with command authorization.
- All past and present Healthy Mind, Healthy Body participants.
- Veterans of foreign military service with proof of service.
- Battle Buddies, PT Partners, etc. of past and present HMHB members.

Events & Programs

- Each week every member Park District; see participating members below, will offer a minimum of one event, space, or program to veterans and HMHB participants.
- Some programs are subject to change during the season.
- Some locations may require additional sign-up information.

Enrollment

- Sign up at NEDSRA.org.
- Additional liability waiver and sign-up for each Park District.
- Participants will receive a punch card that will be stamped at each location for initial check in.
- Punch cards are for initial check-ins to each location for FIRST TIME ONLY.

Process

- Veterans will receive their punch card through NEDSRA.
- Starting June 21st, all veterans registered will have access to HMHB specific events. Some locations may offer additional opportunities.
- Rewards will be given at certain intervals for participating at events across multiple districts.
- There is no limit to participation at any event or any location during June 21st-September 21st.
- After all 11 locations are verified as visited, you will have completed your annual training and receive a special gift.
- You will not receive more than one reward for each stated interval, and/or for completing all 11 training events.
- You may choose to only participate at certain locations, but you will not receive a perfect annual training status and not be eligible for our final gift without visiting all 11 locations and participating.
- You may still receive rewards for reaching certain intervals, but not be eligible for others if you only participate at certain locations.
- Some locations may reward you for visiting their location specifically or offer additional opportunities/rewards for subsequent participation. This is at the discretion of the Park District themselves.

Membership Park Districts and Offerings

- Addison: Pool TBD
- Bensenville: Drum Zumba Tues @ 11:15am-12pm
- Butterfield: Obstacle Course, Walking Path
- Glendale Heights: Sweat on Demand, Pickle Ball/Bocce Ball
- Itasca: Water Aerobics Weds/Thurs @ 11-12, Bootcamp Workout Fri @7-7:45am
- Lombard: Circuit Training Mon night, Bootcamp Weds night
- Medina: Fitness Group
- Oakbrook Terrace: Mon-fri 9am-3:30 Heritage Center Fitness Stations. Nature Center, Bags
- Schiller Park: TBA
- Villa Park: TBA
- Wood Dale: Adult Open Swim @ Beach Water Park (Day TBD)10:45am-11:45am.
Adult Open Table Tennis @ Recreation Center, Weds: 7pm-9pm