September 16-24, 2009  Collaborative Educational Campaign

WE’RE WORKING TO...

Raise Awareness on environmental impacts on health
Encourage a precautionary approach to lifestyle and community policy
Celebrate actions that create a healthy environment for all.

For more information WEBSITE: www.iwu.edu/~wellness or call 309-556-3334.

All workshops are FREE unless noted. But space is limited so RSVP and reserve early!

<table>
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<tr>
<th>Date</th>
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<th>Rx for Prevention Workshops:</th>
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| Wed. Sept. 16| 6-7:30 PM| **Relaxation on a Budget** with Sue Kirk  
Learn the basics and benefits of breathing techniques, journaling, meditation as well as laughter as ways to unwind and relax in these stressful times. | OSF St. Joseph Medical Center Center for Healthy Lifestyles  
2200 E Washington St  
Bloomington | 661.5151 |
| Mon. Sept. 21| 5:30-7 PM| **Nutrition as Simple as 1,2,3-G’s!** with DeAnna Belz, Ecology Action Center  
Learn a simple alternative to the new food pyramid that can ‘round out’ a perfectly balanced diet with 3 simple steps. A light meal is included. $15 | OSF St. Joseph Medical Center Center for Healthy Lifestyles  
2200 E Washington St  
Bloomington | 661.5151 |
| Tues. Sept. 22 | 12-1 PM | **Don’t Rush to Flush! Pharmaceuticals in Our Waterways** with Cecily Smith, Prairie Rivers Network  
Learn about pharmaceuticals entering our waterways, concerns about these contaminants, and ways citizens can prevent these compounds from entering our rivers. | Illinois Wesleyan University  
Davidson Room, Memorial Center  
104 University St  
Bloomington | 556.3334 |
| Tue. Sept. 22 | 5:30-6:30 PM | **What is a ‘Smart’ Yard? and How to Achieve It** with DeAnna Belz, Ecology Action Center  
Learn about rain barrels, rain gardens, composting, native plants, how to get your yard certified as Yard Smart and the 3 additional certifications: Easy on the Earth, Wildlife Habitat, and Chemical-Free. | Ecology Action Center  
202 W College Ave  
Normal | 454.3169 |
| Wed. Sept. 23 | 7-9 PM | **Film: Homo Toxicus**  
Everyday, tons of chemicals are released into the environment, without ever knowing how toxic they are in the long term to the living organisms. In a hard hitting investigation, director, Carole Poliquin, has her own blood tested and explores the links between those toxic substances and some rising health problems. Her findings are disturbing and strongly challenge our way of life. | Illinois Wesleyan University  
The Ames Library  
Beckman Auditorium  
1 Ames Plaza  
Bloomington | 556.3334 |
| Thurs. Sept. 24 | 6-7:30 PM | **Detoxing in a Toxic World** with Laurine Brown & Mary Kay Holloway  
What toxins are lurking in your home, lifestyle, and body? Scientists tell us the average American’s body is burdened with over 500 chemicals that may harm health. Learn ways to detox through lifestyle and nutrition. | Community Cancer Center  
407 E. Vernon  
Normal | 451-8500 |

We recognize that our health is intimately linked to our environment. An ounce of prevention is worth a pound of cure. Bring a neighbor, a friend and join one or more workshops celebrating environmental wellness in various locations around Bloomington/Normal during the week of September 16-24, 2009.

PREVENTION is a cure week is a Collaborative Educational Campaign sponsored by:

- Illinois Wesleyan University
- Ecology Action Center
- OSF St. Joseph Medical Center
- Community Cancer Center
- Susan Kirk HeartMath
- Heartland Community College
- Illinois State University
- BroMenn Healthcare