



In Six Days, The Fun Begins!

The 2023 Cook County Health Fairs: Best Health, Best Self Kicks-Off!

Are you ready to achieve your Best Health, Best Self? Don't miss this year's health fairs on **June 6-15th**. Join your Cook County employee family and explore physical, financial and social resources designed to empower you to become the best version of yourself.

ON-SITE HEALTH FAIRS

TUESDAY, JUNE 6

10 a.m. - 3 p.m.
Juvenile Temporary
Detention Center
Auditorium
1100 S. Hamilton Ave.

TUESDAY, JUNE 13

10 a.m. - 3 p.m.
Cook County Building
7th Floor
118 N. Clark St.

**Password for a Prize:
Best Health, Best Self!**

THURSDAY, JUNE 8

10 a.m. - 3 p.m.
Criminal Courthouse
2nd Floor Cafeteria
2650 S. California Ave.

THURSDAY, JUNE 15

10 a.m. - 3 p.m.
Stroger Hospital
Lower Level Café
1969 W. Ogden Ave.

VIRTUAL HEALTH FAIRS

WEDNESDAY, JUNE 7

11 a.m. - 11:45 a.m.

**Better Sleep
for Better Health**



2 p.m. - 2:45 p.m.

Healthy Bones and Joints



WEDNESDAY, JUNE 14

11 a.m. - 11:45 a.m.

**The Power of
Preventative Health Care**



2 p.m. - 2:45 p.m.

Retirement Myths and Realities



STAY CONNECTED: Don't miss out on resources, information and tools to achieve your Best Health, Best Self. Join the MyHealth Connections Facebook page.

www.facebook.com/groups/Myhealthconnections