



HELLO
March

Save the Date

ILCHWA 3rd Annual Chicago Summit 2025

We are excited to announce that ILCHWA Chicago Annual Summit will be taking place on October 17, 2025! Whether you're looking to network, learn, or collaborate, this event is one you won't want to miss.

More details and registration information will be coming soon, but for now, mark your calendars and get ready for an incredible experience!

Monthly Meeting

Workforce Development Meeting

Date: March 18, 2025

Time: 4:00 PM - 5:00 PM

Location: Event Location

Join us for an informative meeting to discuss workforce development initiatives and opportunities!

Event Location

Recipe of the Month

2 Step Chicken



Ingredients

- 1 tablespoon vegetable oil (or cooking oil of choice)
- 2 chicken breasts (boneless, skinless)
- 1 can (10.75 ounces) cream of chicken soup, reduced-sodium
- 1/2 cup water

Directions

1. Wash hands with soap and water.
2. Heat oil in a skillet at a medium-high setting.
3. Add chicken and cook for ten minutes.
4. Remove chicken from pan and set aside.
5. Stir the soup and water together in the skillet and heat it to a boil.
6. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165 °F.

**My
Plate**

Trainings



Diabetes Education Empowerment Program

Workshop in English

Overview:

DEEP™ is a diabetes self-management education (DSME) program designed to help participants manage their diabetes effectively and reduce the risk of complications. It was specifically developed for low-income racial and ethnic minority populations.

Eligibility:

The workshop is for participants who live in Cook County.

Refreshments:

Refreshments will be provided.

Certificate of Completion:

Participants must attend all sessions to receive a certificate of completion.

Location:

UI Health Collaborative
5525 S Pulaski Chicago IL 60632

Workshop Dates:

- May 5, 2025
- May 12, 2025
- May 19, 2025
- June 2, 2025
- June 9, 2025

Time:

9:00 AM - 11:00 AM (5-day workshop)

[Register](#)

Become an ILCHWA Member!



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Visit ILCHWA's website today and discover all the exciting opportunities that await. By becoming a member, you'll unlock a range of exclusive benefits and special incentives designed to enhance your experience and provide exceptional value.

[Visit our Website](#)

Nominate a CHW to be Featured in our Newsletter!

Nominate A Community Health Worker

Dear Community Member,

We're excited to shine a spotlight on the incredible work being done by Community Health Workers (CHWs) in our area. These dedicated individuals play a vital role in improving the health and wellbeing of our community, and we want to give them the recognition they deserve!

Do you know a Community Health Worker who is making a difference?

We invite you to nominate a CHW to be featured in our upcoming newsletter. Whether they've gone above and beyond for their community, demonstrated outstanding leadership, or made a significant impact on public health, we want to hear their story.

How to Nominate a CHW:

1. Submit a Nomination: Share the name and a brief description of why you believe this CHW should be featured. Highlight their accomplishments, dedication, and the impact they've had.

What Will the Featured CHW Receive?

- Recognition in our next newsletter and website.
- A dedicated section showcasing their work and achievements.
- The chance to inspire others to make a positive impact in the community.

Best regards,
The ILCHWA Team

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