



Events

ILCHWA 3rd Annual Chicago Summit 2025

Early Registration Starts Now!

May 09 - June 30, 2025

Join CHWs from across the state for our 3rd Annual Summit—a day of learning, connection, and community impact. Hosted by ILCHWA, this year's event will feature expert-led sessions on key issues including domestic violence prevention, health equity, healthcare access and more.

*Use Code **EARLY***

Non-Members: \$70

Members: \$45

Date: October 17, 2025 8am-6pm

Location: Hilton Hotel in Oaklawn/Chicago
9333 S Cicero Ave, Oak Lawn, IL 60453

After June 30, 2025 Pricing:

Member Summit price \$75.00

Non-member Summit Price \$95.00

Monthly Meeting

Workforce Development Meeting

Date: June 17, 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

MyPlate Recipe

Greek Salad with Chicken



Ingredients

For the Dressing:

- 1/2 cup Greek yogurt, fat-free
- 2 teaspoons lemon juice
- 2 teaspoons olive oil
- 1 clove garlic
- 1 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

For the Salad:

- 1 head romaine lettuce
- 1/2 cup cherry tomatoes, cut in half
- 1 cucumber, diced
- 1/4 cup red onion, sliced
- 1/4 cup black olives, cut in half
- 1 cup cooked chicken breast, cubed
- 1/4 cup feta cheese, crumbled

Directions

1. To make the dressing, add Greek yogurt, lemon juice, olive oil, garlic, oregano, salt, and pepper to a small bowl. Mix well to combine.
2. Cover dressing and refrigerate for at least 1 hour.
3. Wash lettuce and tear into bite-sized pieces. Place in large salad bowl and add tomatoes, cucumbers, red onion, olives, and chicken.
4. Sprinkle with feta cheese.
5. Top with yogurt dressing and enjoy.

Go to MyPlate for more healthy recipes.

<https://getfreshcooking.com/all-recipes>

**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)

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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Illinois Community Health Workers Association | 10331 S. Forest | Chicago, IL 60628 US

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