



EVENTS

Building a Healthier Chicago and Macy's on State present: Good Health is Always in Fashion

Friday, August 26th

Macy's, 111 N. State St

Admission: Free

http://healthierchicago.org/index.asp?Type=B_BASIC&SEC={2DCD2D26-5F72-4733-AFB1-85893324C0F5}

On August 26, 2011, Building a Healthier Chicago – Let's Move and Macy's on State are teaming up to present Good Health is Always in Fashion – a day of family fun, physical activity, and a celebration of healthy living. Macy's has offered its beautiful 7th floor event space for interactive activities featuring the American Heart Association, the Chicago Blackhawks, the Chicago Fire, the Chicago Park District, Chicago Run, Generation Fit Kids, I want to Walk the Talk, Playworks, Purple Asparagus, Stretch-n-Grow, Urban Initiatives, and UIC Nutrition Students. And, the Culinary Arts programs of Kendall College, Washburne Culinary Institute, and Le Cordon Bleu are bringing "live" cooking stations providing tastes of delicious wellness throughout the day. In addition, both the downstairs and 7th floor culinary studios will be hosting fresh and healthy cooking demonstrations from some of Chicago's Culinary leaders. The demonstrations will feature fresh, innovative, and tasty (F.I.T) items with top chef tips and techniques on preparing great food that is great for you in support of Building a Healthier Chicago's F.I.T. City initiative.